food network magazine

COOK LIKE A STAR!

Bobby's SECRET SAUCES

Melissa's PUMPKIN CARVING

Guy's TAILGATING TIPS

31 ways to get an apple a day

115 NEW RECIPES

Halloween FUN!

- Black & Orange Snacks
- Pumpkin Treats
- Caramel Apple Cake

Make Your Own Panini

Great Fall Dinners

Like this easy squash soup

Exclusive Iron Chef Recipes! page 83

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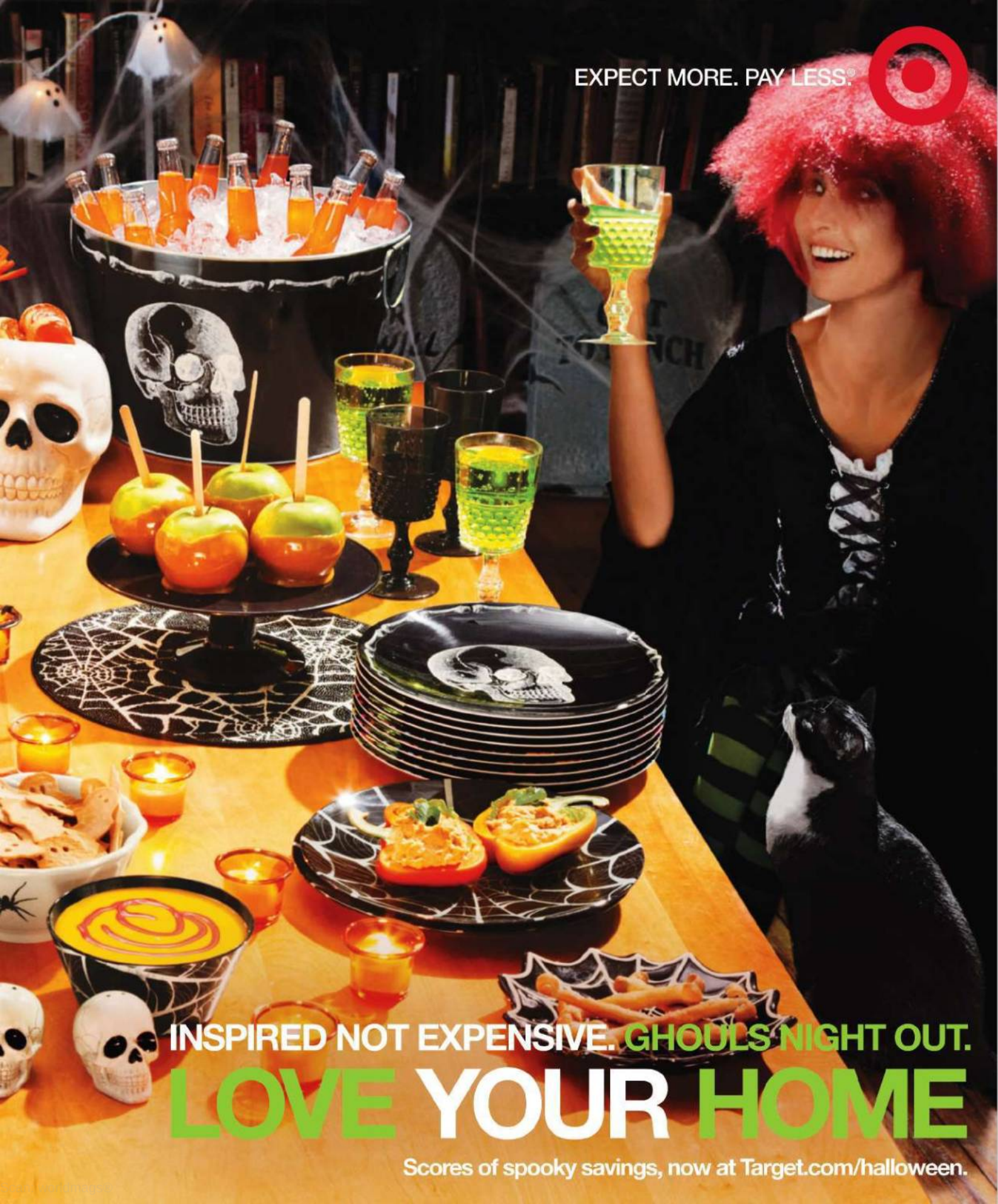
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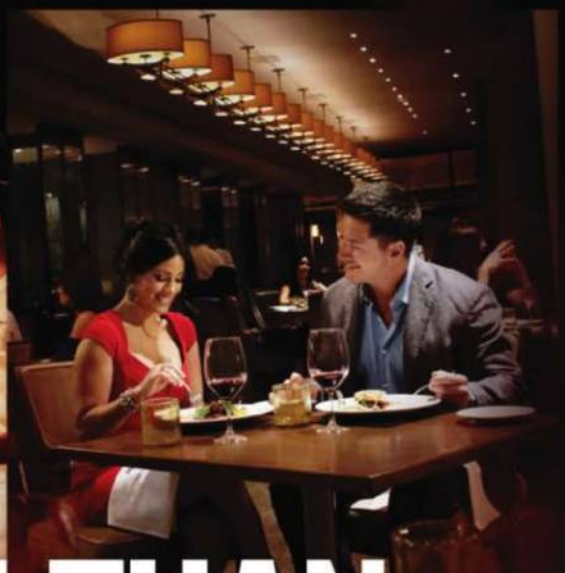

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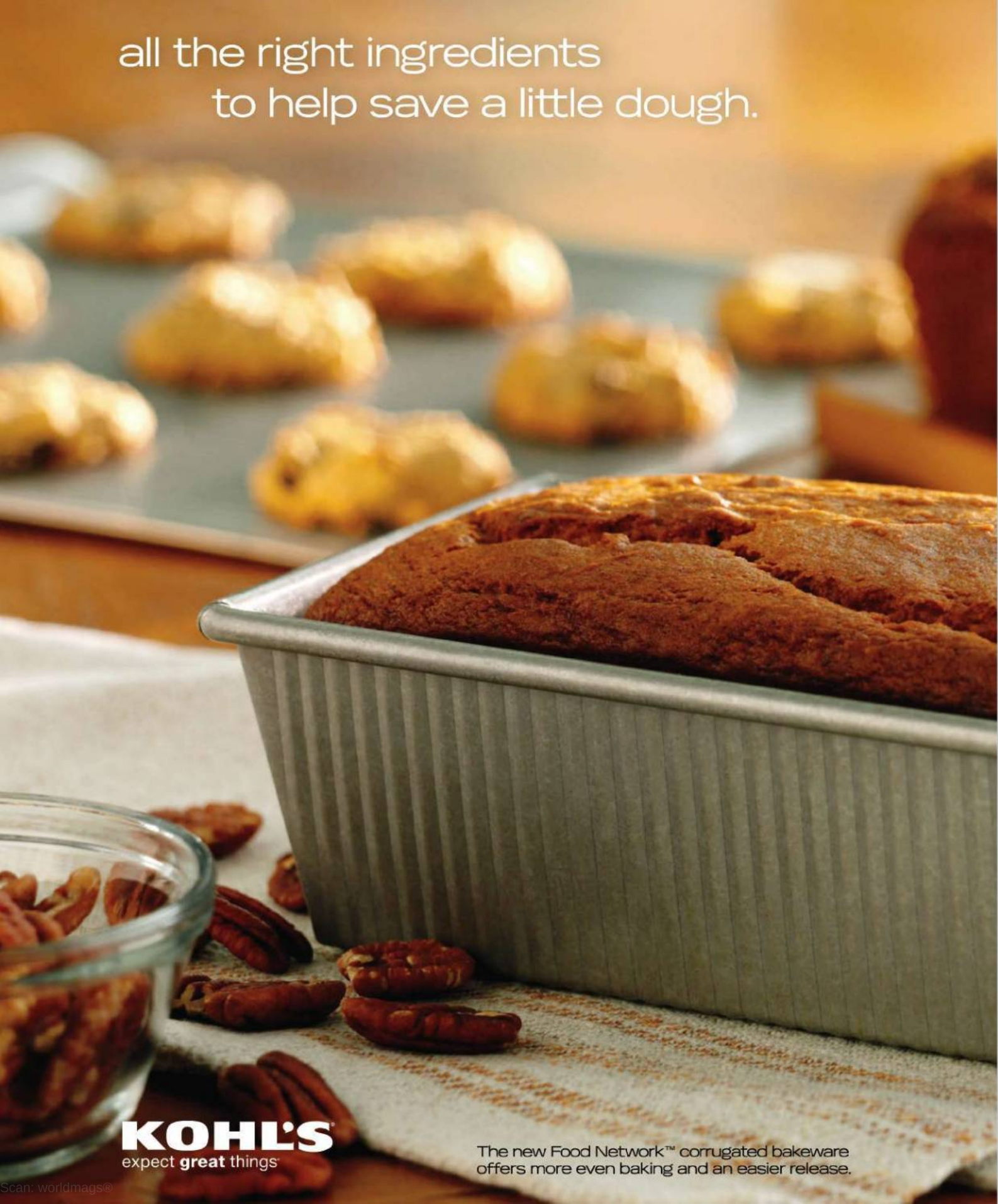

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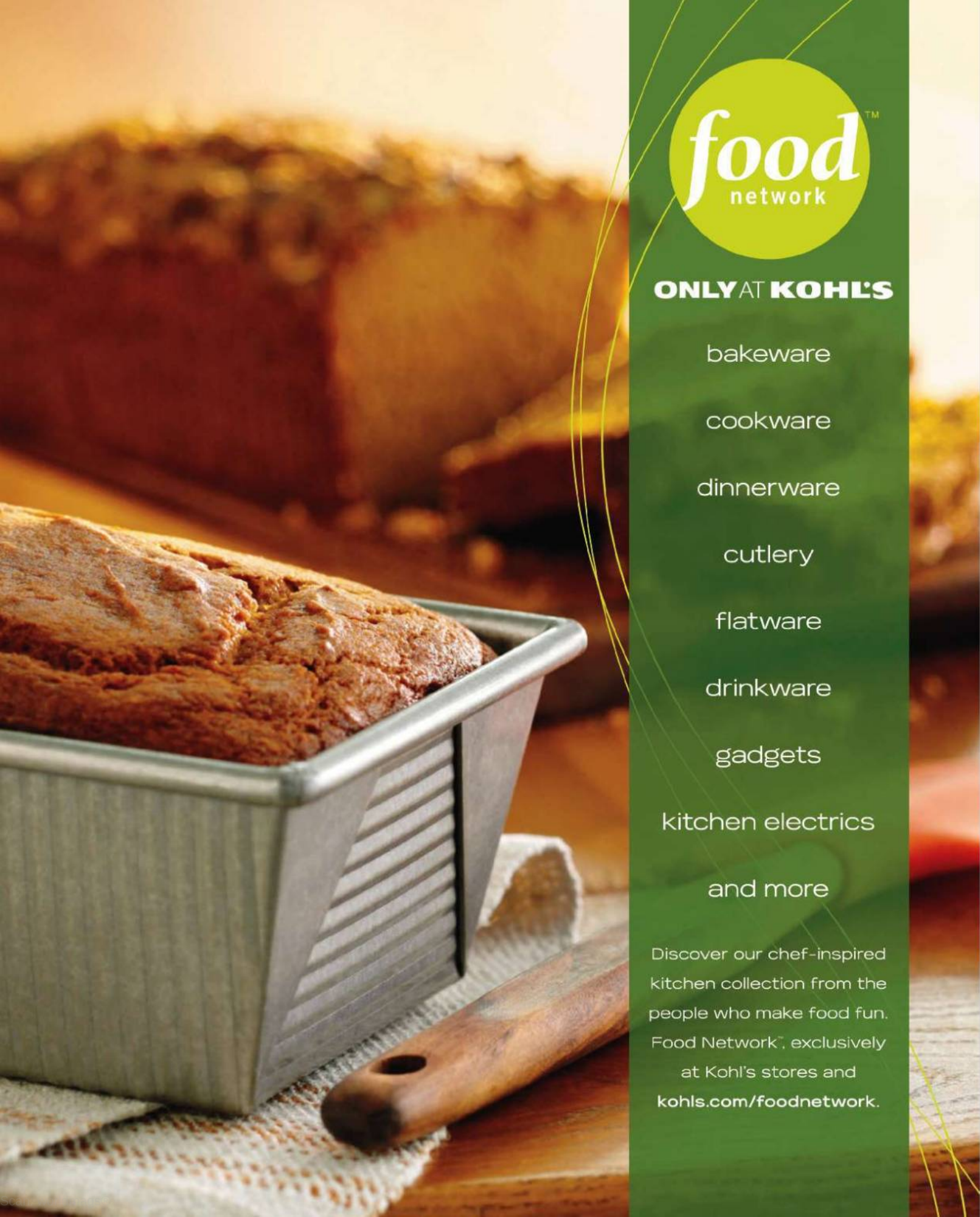
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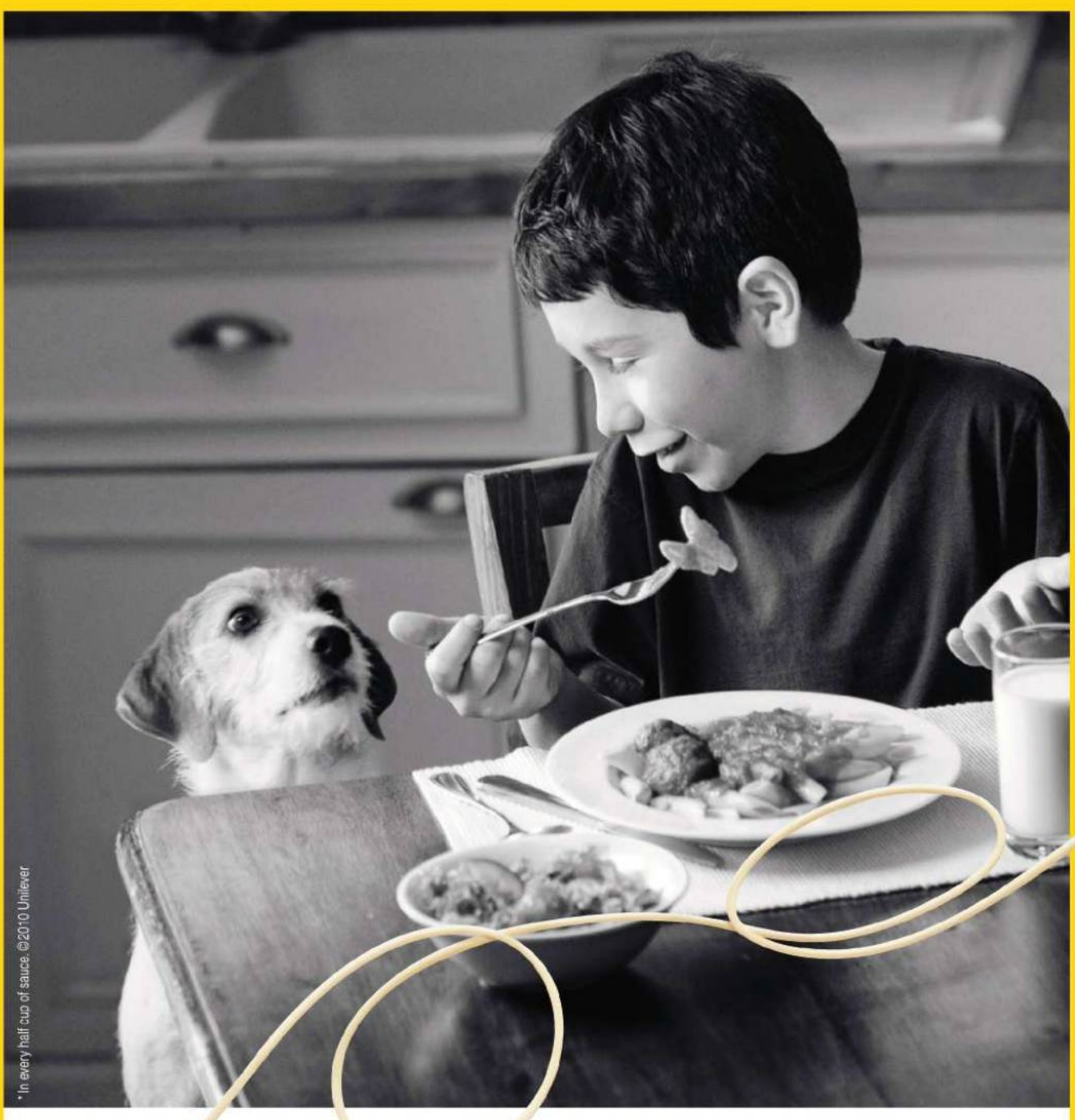

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RAGÚ® NO-FRYING CHICKEN PARMESAN

The melted cheese, veggie-rich sauce and crunchy coating will have your kids running to the table. And no frying means giving them the healthier meal they deserve (AND makes cleanup easier)

Servings: 6
Prep Time: 20 minutes
Cook Time: 30 minutes

WHAT YOU NEED:

- ¾ cup plain dry breadcrumbs
- ½ tsp. Italian seasoning
- ¼ tsp. garlic powder
- 6 boneless, skinless chicken breast halves (about 2 lbs.)
- 1 egg, beaten
- 1 jar (1 lb. 10 oz.) Ragú® Old World Style® Traditional Pasta Sauce
- 1 cup shredded part-skim mozzarella cheese (about 4 oz.)
- 12 oz. pasta, cooked and drained

WHAT YOU DO:

1. Preheat oven to 400°. Combine breadcrumbs, Italian seasoning and garlic powder in shallow dish. Dip chicken in egg, then crumb mixture; turn to coat.
2. Arrange chicken in 13-by-9-inch baking dish. Bake 20 minutes.
3. Pour Pasta Sauce over chicken; top with cheese. Bake an additional 10 minutes or until chicken is thoroughly cooked. Serve with hot pasta.

MAMA'S BEST EVER SPAGHETTI & MEATBALLS

Twirling spaghetti on a fork provides kids with a healthy dose of dinnertime fun. Letting your little chefs help make the meatballs can instill a love of healthly cooking at a young age.

Servings: 6
Prep Time: 20 minutes
Cook Time: 20 minutes

WHAT YOU NEED:

- 1½ lbs. lean ground beef
- 4 slices whole-grain bread, torn into small pieces
- 2 eggs
- 1 jar (1 lb. 10 oz.) Ragú® Old World Style® Traditional Pasta Sauce, divided
- ½ tsp. Italian seasoning
- ¼ tsp. garlic powder
- 12 oz. spaghetti, cooked and drained

WHAT YOU DO:

1. Combine ground beef, bread, eggs, 1/2 cup Pasta Sauce, Italian seasoning and garlic powder in medium bowl; shape into 18 meatballs.
2. Bring remaining Pasta Sauce to a boil over medium-high heat in 3-quart saucepan. Gently stir in uncooked meatballs. Reduce heat to low and simmer covered, stirring occasionally, 20 minutes or until meatballs are done.
3. Serve over hot spaghetti.

TIP: Spices (like those in the recipes here) come with interesting stories—share them with your kids! It can help expand their minds AND their palates, and be a good start on a more nutritous, varied diet.

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SKILLET PASTA AND BEEF DINNER

When it comes to good eating and quality times, this meal provides both—thanks to a sauce that delivers a full serving of veggies in each half-cup and a one-pan recipe that lets family spend more time at the table and less cleaning up.

Servings: 6
Prep Time: 5 minutes
Cook Time: 25 minutes
Stand Time: 5 minutes

WHAT YOU NEED:

- 1½ lb. ground beef
- 1 jar (1 lb. 10 oz.) Ragú® Old World Style® Traditional Pasta Sauce
- 3 cups water
- 12 oz. uncooked rotini pasta
- 1 cup shredded mozzarella cheese (about 4 oz.)

WHAT YOU DO:

1. Brown ground beef in 12-inch skillet; drain.
2. Stir in Pasta Sauce and water. Bring to a boil over high heat. Stir in uncooked rotini and return to a boil. Reduce heat to medium and cook covered, stirring occasionally, 14 minutes or until rotini is tender.
3. Remove from heat, then sprinkle with cheese. Cover and let stand 5 minutes or until cheese is melted.

TIP: Feeding kids well is easier when you can find ways to get healthy ingredients into the dishes kids already love. Luckily, the Ragú® recipes here do just that!

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Make black-and-orange treats for Halloween!

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What's new at foodnetwork.com

Tricked-Out Treats

Get dozens of spooky recipes from your favorite stars, including creepy cakes from Duff Goldman, at **foodnetwork.com/halloween.**

Game-Day Bites

Check out Guy Fieri's tailgating rules on page 154, then go online to catch videos of Guy's recipes and tips. Visit **foodnetwork.com/tailgating.**

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Scary Stuff

I spent one of the most nerve-racking hours of my life at Food Network studios, and I'm not talking about my interview for this job (although I was terrified that day, too). The harrowing afternoon was in 2005, years before this magazine existed, when **I found myself on the sidelines of an *Iron Chef America* battle** watching my now-husband, Wylie Dufresne, tear through Kitchen Stadium trying to beat Mario Batali at his own game. **The first minute was a bloodbath,** literally, as the two of them fought with a tank full of live tilapia, then slashed and gutted their catch. I get stressed out just watching Wylie cook in his restaurant on a busy Saturday night—watching him race to finish all of his tilapia dishes in an hour (and then lose to Mario) sent me over the edge.

See what's cooking in Kitchen Stadium on page 83.

Those Iron Chef battles are *no joke.* What you see on Sunday nights is the real thing—there are no stops and starts, no reshoots. We're talking about **60 minutes of hard-core competition,** with zero room for error. How the Iron Chefs do this again and again is a mystery to me, but our story on page 83 should provide some insight: We asked the Iron Chefs for their favorite recipe from a winning battle so we could see what goes into a champion's dish. We figured the recipes would be good reference material for the 10 brave men and

Those Iron Chef battles are no joke. There are no stops and starts, no reshoots.

women vying for a permanent spot in Kitchen Stadium on *The Next Iron Chef.* (You can meet the contenders on page 90.)

I can't imagine the pressure these chefs are under, but Aarti Sequeira can. She recently beat out 11 other competitors on *The Next Food Network Star,* and on page 63, she tells us about her whirlwind life after the win. I joined *The Next Food Network Star* judges for one of Aarti's challenges earlier this year, and it was just as intense as the Iron Chef battle I witnessed way back when. It reminded me **how tough these competitions really are**—and how much more I enjoy watching them at home, where I can sit back, stress-free, and enjoy the show.

Maile

Maile Carpenter
Editor in Chief

Find everything you need for a Halloween bash starting on page 127, including black-and-orange treats, spooky decorating ideas and one totally over-the-top cake!

See which Food Network star carved this pumpkin on page 130.

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October

An apple a day

FRI	Make apple chips: Thinly slice 3 apples; bake on a parchment-lined cookie sheet in a 200° oven, 1 hour. Sprinkle with salt.
SAT	Slice an apple horizontally; toss with lemon juice. Layer the slices with goat cheese, bacon, olive oil, salt and pepper.
SUN	Butter a whole-wheat pita; top with apple slices and cinnamon. Toast 10 minutes in a 350° oven. Drizzle with honey.
MON	Try Ginger Golds, often the first apples of the season. They don't brown as fast as others, so slice one up for later.
TUE	Toss 2 diced apples and some baby spinach with lemon juice, olive oil, salt, pepper, blue cheese and walnuts.
WED	Make apple "mojitos": Shake 3 ounces apple juice, some lime juice, ice and mint in a shaker. Pour and top with ginger ale.
THU	Snack time: Top apple slices with peanut butter, raisins and—the secret ingredient!—a pinch of sea salt.
FRI	Make a Jack Rose: Shake 2 ounces applejack, 1 ounce lemon juice and ½ ounce grenadine with ice. Strain into a glass.
SAT	Stir chunky applesauce into butternut squash or sweet-potato soup and warm through.
SUN	Fill an omelet with thinly sliced apples, Black Forest ham and brie.
MON	Spend Columbus Day at a pick-your-own orchard. Twist the apples gently until the stems break from the branches.
TUE	Dress up a cheese board with sliced apples: Cortlands go great with cheddar, Honeycrisps with blue cheese.
WED	Cook down a bag of apples into applesauce and add Red Hots cinnamon candies for a little kick and color.
THU	Make apple slaw: Shred carrots and cored apples in a food processor; add olive oil, lemon juice, salt, pepper and cumin.
FRI	Add diced apples to homemade iced tea as it brews, then strain and sweeten with a few glugs of honey.
SAT	Throw an apple-bobbing party: Round, long-stemmed apples like Gala and Jonagold are easiest to catch.
SUN	Serve apple pie with a thin slice of cheddar cheese on each piece; warm in a 250° oven until the cheese melts.
MON	Make an apple-beet salad: Combine sliced apples and canned sliced beets; toss with salt, pepper and plain yogurt.
TUE	Make an apple granita: Pour a 1-inch layer of apple juice into a shallow metal pan and freeze. Scrape with a fork to serve.
WED	Test your knife skills by peeling an apple and measuring the longest piece of skin. The world record is 172 feet!
THU	Upgrade store-bought applesauce by stirring in diced fresh apples and a squeeze of lemon juice.
FRI	Dip apples in chocolate: Microwave 6 ounces chopped chocolate and ¼ cup cream on 75% power for 2 minutes; stir.
SAT	Chop up some Pink Lady apples to snack on this week; just toss with lemon juice to keep them from browning.
SUN	Try apple s'mores: Put a marshmallow on a gingersnap; microwave 10 seconds. Top with an apple slice and a gingersnap.
MON	Turn PB&J into PB&A: Replace the jelly with apple butter. Look for it in the jam-and-jelly aisle or at farmers' markets.
TUE	Mix diced apples, ground cinnamon, brown sugar and maple syrup into your morning oatmeal.
WED	Wrap thin wedges of Golden Delicious apples in prosciutto and serve as hors d'oeuvres.
THU	Toss apple slices into your favorite macaroni and cheese before serving—it'll taste like apples dipped in fondue!
FRI	Make mulled cider: Simmer a half-gallon of apple cider with cloves, a cinnamon stick and sliced oranges for 15 minutes.
SAT	Head to a farmers' market for heirloom apples. They have funny names like Egremont Russet—and they're great.
SUN	It's Halloween—caramel apple time! Find our recipe and toppings at foodnetwork.com/perfect-caramel-apples.

RED APPLE: LISA SHIN; GINGER GOLD: NEW YORK APPLE ASSOCIATION; SNACK, DRINK, PIE AND PROSCIUTTO-WRAPPED APPLE: BEN GOLDSTEIN/STUDIO D.
TREE AND PINK LADY: ISTOCKPHOTO; PEEL: ISABELLE ROZENBAUM/GETTY IMAGES; CARAMEL APPLE: KARL JUENGEL/STUDIO D.

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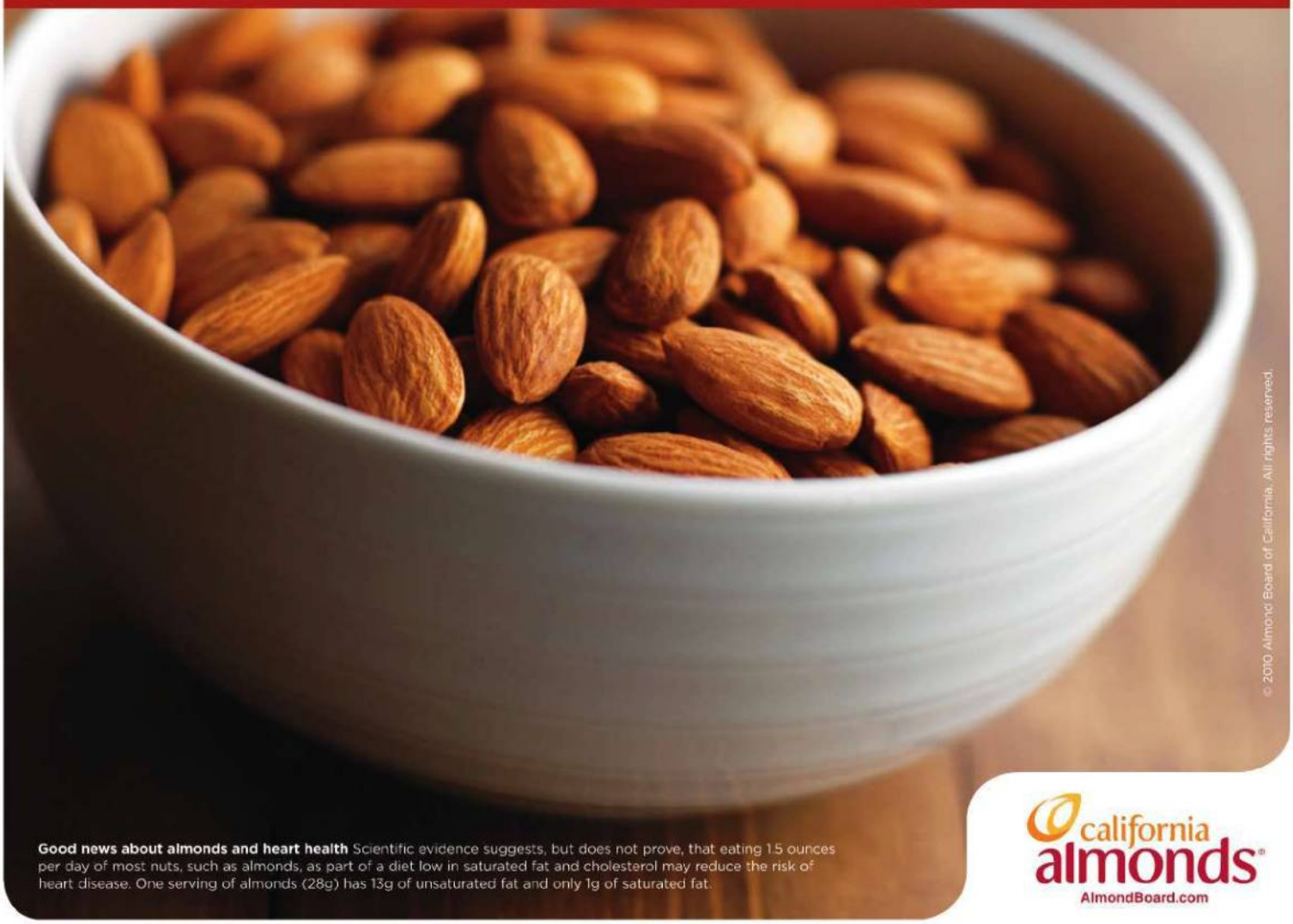

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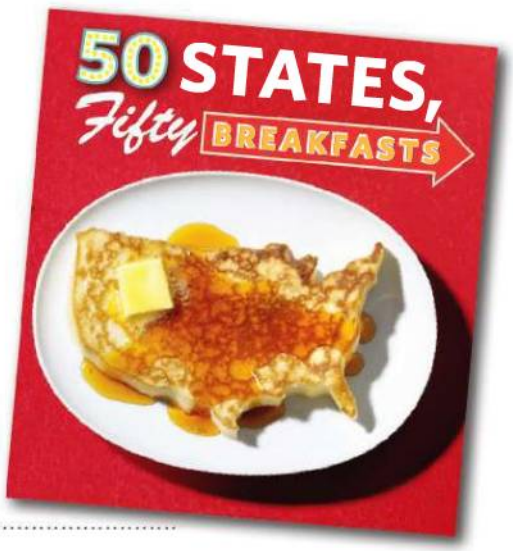
We Hear You...

See what readers had to say about our recent issues, then **tell us what you think** of this one.

My husband and I were thrilled to see Red Feather Lounge's Oatmeal Soufflé listed as the best breakfast in Idaho ["50 States, 50 Breakfasts," July/August 2010]. It's our favorite summertime Saturday morning treat. But now we're nervous the secret is out! We'll just have to set our alarms earlier to guarantee we are first in line.

Valerie Doherty
Boise, ID



There aren't a lot of interesting food things happening in my area. So when I saw that a local restaurant (The Chef) made your magazine's "50 States, 50 Breakfasts" article, I was so excited. I immediately called a friend to tell her we had to go to this restaurant. **I can't wait to try the Buenos Dias Frittata.** Thanks for bringing this place to my attention.

Megan Green
Junction City, KS

My husband and I were traveling to Assateague Island, MD, for the July Fourth weekend. We saw **Helen's Famous Sausage House** in Smyrna, DE, listed in the magazine as Delaware's best breakfast, so we decided to stop there since it was on our way to the beach. The food was delicious, the people were friendly and the Elvis dining room was cozy. We'll definitely go back on our next trip.

Dawn Feckete
Allentown, PA

Your color-coded fruit bowls ["New & Improved 4th of July," July/August 2010] were awesome! I was looking for **a twist on fruit salad** for my son's birthday party, and when I saw these, I was sold. People were amazed and thought I had spent all kinds of time putting them together—but they were really easy!

Deb Hoon
Lake in the Hills, IL

I decided to make the menu for my Fourth of July barbecue from recipes in your July/August issue. I made the Chicken Fajita Kebabs ["50 Kebabs"], the Frozen Watermelon Margaritas ["Just the Facts: Watermelon"] and Tyler Florence's Bourbon Peach Cobbler ["Tyler's Fourth of July Feast"]. All three of these recipes celebrated the flavors of summer! My best friend and my mother-in-law were both raving. **Thank you for perfect summer food.**

Rochelle Kwiatkowski
Tinley Park, IL

I loved that you took old classics and put new twists on them for "New & Improved 4th of July." Let's face it, **the flag cake has seen its fair share of barbecues.** When I saw the mini-tart idea, I knew that was what I was making for my party. I filled my mini phyllo cups with a mixture of cream cheese and Marshmallow Fluff before topping them with blueberries and strawberries—they were a hit! It will not be this dish's last barbecue appearance.

Elisa Panseri
Pittsburgh

My husband and I made the Neelys' pulled pork recipe yesterday ["Try This at Home: Pulled Pork," July/August 2010] and absolutely loved it. **It was definitely worth the six-hour grill-and-smoking time.** We will never eat a pulled-pork sandwich any other way.

Kelly Spencer
Newburgh, IN

Thank you for including a tofu dog recipe in the magazine ["Hot Dog!" July/August 2010]. As a non-meat-eater, I'm used to figuring out recipe substitutions on my own. **It made my day to see that you included vegetarians** as well.

Britannie Davis
Spokane

I really liked your idea for a Fourth of July drink with Pop Rocks around the rim ["On the 'Rocks,'" July/August 2010]. My younger brother saw me using lime and "salting" the rims with the Pop Rocks and decided **this drink should be called Rock-a-Ritas.** They turned out great, and everyone enjoyed the fun twist on a simple drink.

Brandy Payne
Anchorage, AK

DRINKS: LEVI BROWN.

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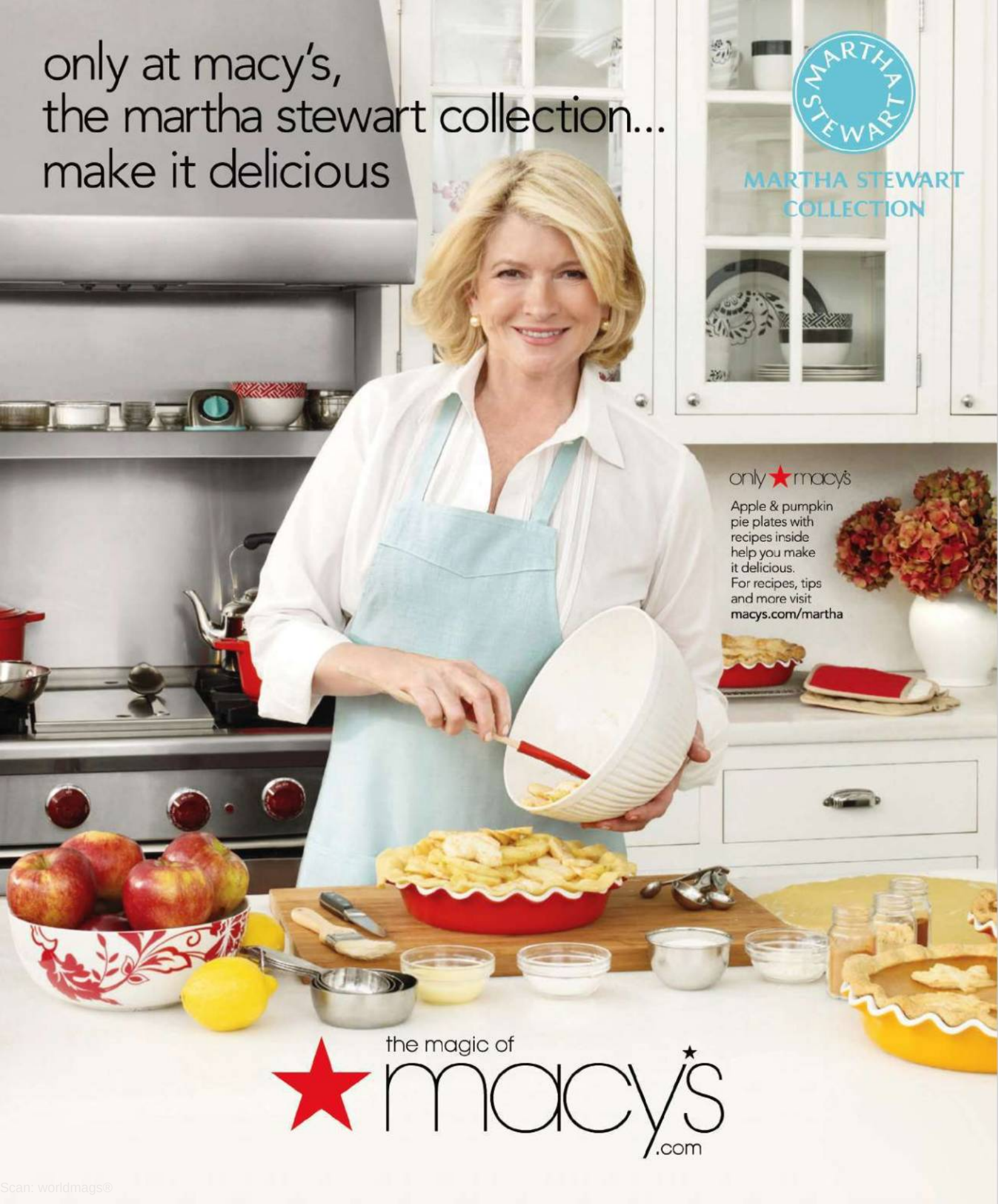

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Reader Letters

I had been looking for a unique centerpiece for my daughter-in-law's baby shower. Your snack-food wedding cake ["Marriage of Convenience," June 2010] gave me a great idea. I built the cake using pink-frosted cupcakes and strawberry wafer cookies, plus Sno Balls, marshmallow cookies, Twinkies and Ho Hos. It was the talk of the shower—except, of course, for the mom-to-be.

Betty Henderson
Shakopee, MN

For tips on building your own cake out of snack foods, see page 164.

Although most of the time I enjoy cooking big family-style meals, occasionally I am looking for a challenge and hoping to do some gourmet cooking. Would it be possible to give us **some of the recipes we see (and crave) on *Iron Chef America*?** What fun that would be!

Suzanne Ferleger
Encino, CA

Yes! We got the reigning Iron Chefs to share their favorite recipes from the show. Check them out on page 83.

As a U.S. Navy wife living in Singapore, I love getting *Food Network Magazine*: It gives me that little bit of home. My husband is from Texas and complains that I don't make enough Southern-style food. So when I saw **Justin Timberlake's Bourbon-Flavored Pecan Pie** ["Can I Get Your Signature?" June 2010], I thought it would fit the bill perfectly. Within a half hour the house smelled great. And the pie was amazing. Big thanks to your magazine and Justin's grandmother!

Kelly S. Vickers
Singapore

Perfect timing on the Slow-Cooker Brisket Sandwiches recipe [Weeknight Cooking, June 2010]: I made it for my chef-husband on Father's Day, and it was a hit! I'm always nervous cooking for him, but this meal—**my first time making brisket**—was a success. The meat was so tender, we didn't need knives.

Emily Bahhar
Columbia, MD

I was thrilled to see Robert Irvine's picks for the **top five hot spots on Hilton Head Island, SC** ["My Top Five," June 2010]. And just a week before my family was heading there on vacation! Driving down to Hilton Head has been a tradition in my family for more than 22 years, and now stopping at One Hot Mama's, Stack's Pancakes and Signe's Bakery will be too.

Christine Cvelbar
Mentor, OH

I have been with my husband for five years, and he has cooked maybe three meals for me. He never had a desire to cook. Then one night I showed him some of the tasty-sounding recipes from your June issue. That weekend he made Bobby Flay's Sweet-and-Spicy Steak ["High Steaks"]. The dish was amazing. He loved it, he loved making it and I loved eating and not cooking for a change. He has since made several other recipes. **Thank you for getting my husband interested in cooking!**

Janelle Jacques Pitman
Minneapolis

We want to know what you think:
Go to foodnetwork.com/magazine and click on Write to Us! Or e-mail us at fnmeditor@hearst.com.

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STEAK: STEVE GIRALT.

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You Asked...

Food Network stars answer your burning questions.

Marcela, I know that homemade tortillas taste best, but I don't have time to prepare them. How can I make store-bought ones tastier?

Gerald Rich
Houston

Start by buying real corn tortillas. If you see anything in the ingredients list other than corn, lime and water, odds are the tortillas will have the consistency (and flavor!) of rubber. To soften them and bring out the corn flavor, warm directly over a medium flame (or in a skillet). Turn frequently until you see small brown spots, which give the tortillas a smoky flavor. For a snack—my mom did this when I was a kid— spread salted butter over the warm tortilla until it's melted, then just roll and enjoy!

—Marcela Valladolid

Michael, who is the one chef you would like to learn from or pick the brain of, and why?

Shelia Tirro-George
Attleboro, MA

Chef Marc Vetri [of Vetri and Osteria restaurants in Philadelphia]. For me, there is not a chef in America who brings me closer to Italy than Marc. I could spend weeks watching him make pasta and learning the simple intricacies of his Italian cuisine.

—Michael Symon

Paula, the brown sugar you use on your shows always looks so fresh and soft. Mine gets hard and is difficult to work with. How can I keep mine soft like yours?

Louisa De Alejandro
Cañon City, CO

To keep brown sugar soft, put a piece of bread in with the sugar. This trick will work even if the sugar is already hardened; just give the sugar a couple of days with the bread and it will soften up.

—Paula Deen

Pat and Gina, I'm a big fan of all your sauce recipes, especially your Secret Sauce. How long will mayo-and-sour-cream dips like this one last in the refrigerator?

Kellie Bentley
Huntsville, AL

Homemade dips and sauces are usually fine in the fridge for about three days. Any longer than that, and they start to break down and won't taste very fresh.

—Pat and Gina Neely

Anne, I've noticed that you always seem to have multiple markers in the pocket of your chef's jacket. What do you do with them?

Genevieve Stovall
Southlake, TX

I always have colorful Sharpie markers on hand. When I worked in restaurants, I used them to keep track of the flow of orders as they came in and out of the kitchen. At home they are great for labeling and dating foods in the refrigerator. All the different colors make it easy to keep produce, meats, etc., organized and fresh!

—Anne Burrell

Authentic tortillas are made with only corn, lime and water.

Have a question for a Food Network star? Write to us at foodnetwork.com/magazine.

TORTILLAS: JEFFREY WESTBROOK/STUDIO D.

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10 THINGS You Need to Know THIS MONTH

1

This Halloween, you can get some far-out candy.

Until recently, you had to visit Japan to try wasabi Kit Kats and other fun Asian spin-offs of classic snacks and candy bars. But now a couple of online retailers are stocking them. Look for limited-edition maple Kit Kats this fall. *$2 to $4 each, plus shipping; japancandyland.ecrater.com; napajapan.com*

Bubblicious
A flavor called "white soda" tastes like minty lemon.

Oreo
In Japan, the cookies come in bar form in flavors like green tea and strawberry milk.

Kit Kat
These wafer bars come in an endless variety of flavors, including blueberry, aloe vera and yogurt, roasted corn, wasabi, custard pudding—even soy sauce!

CHARLES MASTERS.

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2 Some kitchens are a piece of art.

A new exhibit at New York City's Museum of Modern Art is all about our favorite room in the house. **"Counter Space: Design and the Modern Kitchen"** charts the evolution of the kitchen from the tiny, unventilated rooms of the early 20th century to the sprawling social hubs they are today. Highlights include mint-condition *Mad Men*–era appliances, kitchen stills from classic Hollywood films and food paintings by **Andy Warhol** and other artists; **Tom Wesselmann's** *Still Life #30*, pictured, includes a real refrigerator door. *Through March 14; visit moma.org for more information.*

3 Malls make good farms.

Like most malls, **Cleveland's Galleria** *(1301 East 9th St.; galleriaaterieview.com)* ended up with lots of empty retail space after the economic downturn, but its stores have started filling back up—with veggies. The mall's operators are growing lettuce, cucumbers, tomatoes and herbs in unused spaces, taking advantage of all the light from the big glass windows. They sell the vegetables at a weekly farmers' market, and the greenhouse even supplies two of the mall's food-court restaurants with a daily supply of fresh produce.

—REBECCA SHAPIRO

4 Picky eaters can contribute to science.

Researchers at Duke University and the University of Pittsburgh are hoping to learn more about finicky eaters with the Food F.A.D. Study, the first-ever registry of picky eaters. If you're over 18 and think you fit the bill, you can register for the study by taking a survey at dukehealth.org.

5 There's a new alternative to bottled water.

A Michigan company is hoping people are ready to kick their bottled-water habit. **Boxed Water Is Better** (yep, that's the name) makes water boxes from 76 percent recyclable cardboard, but the real upside for the environment is the distribution plan: The cartons are shipped flat to third-party filling stations across the country, then filled with plain old filtered municipal water instead of stuff from Fiji or France. *$1.50 each; visit boxedwaterisbetter.com for stores*

CLOCKWISE, FROM BOTTOM RIGHT: JEFFREY WESTBROOK/STUDIO D; VICKY POOLE; © 2010 TOM WESSELMANN/LICENSED BY VAGA, NEW YORK, NY.

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6 You can get a caffeine fix from beef jerky.

Burnt coffee is no longer the only pick-me-up at convenience stores: **Perky Jerky** is covered with a sugary coating that contains as much caffeine as two energy drinks. Its inventors came up with the idea when they accidentally spilled a can of Red Bull on some beef jerky. *$5 for a 2-ounce bag; perkyjerky.com*

7 The most exciting new thriller in theaters is all about sugar.

OK, it's not exactly *Die Hard*, but the new documentary ***Kings of Pastry*** has its share of thrilling moments. The film, which hits theaters nationwide this month, follows competitors in France's Meilleurs Ouvriers de France pastry competition—a three-day contest that determines the best pastry chef in France. How official is the ruling? French president Nicolas Sarkozy takes part in the awards ceremony. This is real drama, with vicious competitors and fragile sugar sculptures everywhere. Tensions run so high that a Scottish critic went so far as to call it "the culinary *Hurt Locker*." *Visit kingsofpastry.com for times and locations.*

8 Parents who see nutritional info when buying restaurant food for their children order about 100 fewer calories per meal,

compared with parents who order without calorie information, according to a study by the Seattle Children's Research Institute and the University of Washington. It won't be long before calorie counts are posted nationwide: Under the new health-care reform legislation, chain restaurants with 20 or more locations will be required to list calorie info on their menus—perhaps as soon as next year. SOURCE: *PEDIATRICS*

9 The New York Jets are making wine.

Football players aren't usually associated with wine, but that's not stopping the New York Jets from releasing a signature cabernet. The team is celebrating its move to a new stadium this season by releasing a limited-edition 2008 cabernet sauvignon called **Jets Uncorked.** Fans can order the wine, which is made in Napa Valley, at the stadium or online. In addition to a standard-size bottle, the team is hawking a linebacker-size 1.5-liter magnum. *$28 for 750 ml, $57 for 1.5 L; newyorkjets.com/uncorked*

10 Old corks can get a new life.

Most of us recycle wine bottles, but now we can recycle old corks, too. A nonprofit organization called **Cork ReHarvest** is helping to collect some of the 13 billion natural corks produced each year. **Bobby Flay** and **Mario Batali** both support the program, which collects the used corks and works with recycling centers to turn them into floor tiles, coasters and even shipping material. Visit **corkreharvest.org** to find collection sites in grocery and wine stores in your area.

CLOCKWISE, FROM BOTTOM LEFT: JEFFREY WESTBROOK/STUDIO D (3); PAUL STRABBING/FIRST RUN FEATURES; ISTOCKPHOTO.

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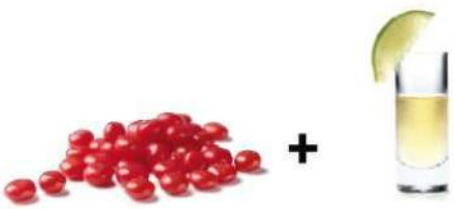
In the Know

Pair **wine with candy.** Then, tour Ted Allen's kitchen and see how a new Food Network show comes together.



Sweet and Vicious

If you want to put a scare into wine snobs, try this pairing: candy corn and chardonnay. It's part of the liquor-and-candy tasting that New York City's **Bottlerocket Wine & Spirit** shop *(5 West 19th St.; bottlerocketwine.com)* offers every Halloween. Owner Tom Geniesse also pairs caramels with bourbon, Milky Way bars with dark, sweet wines like port, and cinnamon candies with tequila. ("You get a little burn from both," he says.) But candy corn is still his fave: "It's flavored with vanilla, so it really works with a big, oaky chardonnay. They go together so well, it's frightening."

PHOTOS: CHARLES MASTERS; FOOD STYLING: JAMIE KIMM.

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Breaking the Rules

Some chefs are daring to **ignore conventional wisdom.**

BY **DAVID TAMARKIN**

The Rule
Throw out old food.

THE REBEL DISH:

Eight-month-old steak
Carnevino, Las Vegas

Most steak joints age porterhouses for a month, max. But at this Sin City steakhouse, Mario Batali dry-ages his "riserva" steaks for at least 240 days. The meat develops a gnarly exterior in the process, but once cooks carve off the mold and broil the steaks, what's left is deliciously tender beef with deep-red color and seriously concentrated flavor; the super-aged steaks have a funky beefiness that younger ones can't come close to matching. The time and effort involved are a burden for the restaurant staff, which is why they claim they're the only ones in America doing this—and why you need to call ahead to check for availability.
Starting at $65 each; at the Palazzo Hotel, 3325 Las Vegas Blvd. South; carnevino.com

The Rule
End the meal with something sweet.

THE REBEL DISH:

Meat and veggies for dessert
Schwa, Chicago

Chef Michael Carlson is known to thwrow a few surprises at his diners, and his desserts are no exception. At the end of his nine-course tasting menu, he occasionally sends out a savory dessert of parsnips, which he purees to a pudding-like consistency and pairs with candy-coated sweetbreads, otherwise known as calves' thymus glands.
Part of a $110 tasting menu; 1466 North Ashland Ave.; schwarestaurant.com

The Rule
Don't burn your food.

THE REBEL DISH:

Lamb with burnt honey
Lacroix, Philadelphia

Diners shouldn't be alarmed if they smell burning food in chef Jason Cichonski's kitchen—he intentionally burns honey in a cast-iron skillet before using it to garnish his seared lamb saddle with marcona almonds. The chef says he loves the flavor of charred food, and the blackened honey gives the dish a nutty, smoky flavor that cuts right through the gaminess of the meat.
$42; at the Rittenhouse Hotel, 210 West Rittenhouse Square; lacroixrestaurant.com

The Rule
Don't serve cheese with seafood.

THE REBEL DISH:

Lobster with burrata and basil
Marea, New York City

Some guests scratch their heads when they see this appetizer at chef Michael White's widely acclaimed new seafood restaurant. But seafood and cheese is a great combination here: tender pieces of cold poached lobster mixed with tangy burrata, a rich cheese made of mozzarella and cream. "The cheese's lactic acid is perfect with the sweet lobster," White says. "It's subtle, but it really works."
$24; 240 Central Park South; marea-nyc.com

The Rule
Avoid raw chicken.

THE REBEL DISH:

Chicken sashimi
Tori Shin, New York City

Authentic yakitori joints in the States sometimes serve medium-rare chicken, but at this Japanese-food shrine, the chicken isn't just undercooked: It's basically raw. The chicken sashimi—called tori-sashi—is a Japanese delicacy, and just like fish sushi and sashimi, it's only served if it's super fresh. (Don't try making your own!) After a quick sear over Japanese charcoal, the tender, cold-in-the-middle organic breast meat is sliced thin and served with homemade soy-yuzu dipping sauce.
$9; 1193 First Ave.; torishinny.com

SCHWA: CLAYTON. MAREA AND TORI SHIN: SAMANTHA GRASS. LACROIX: CHRISTA GUIDI.

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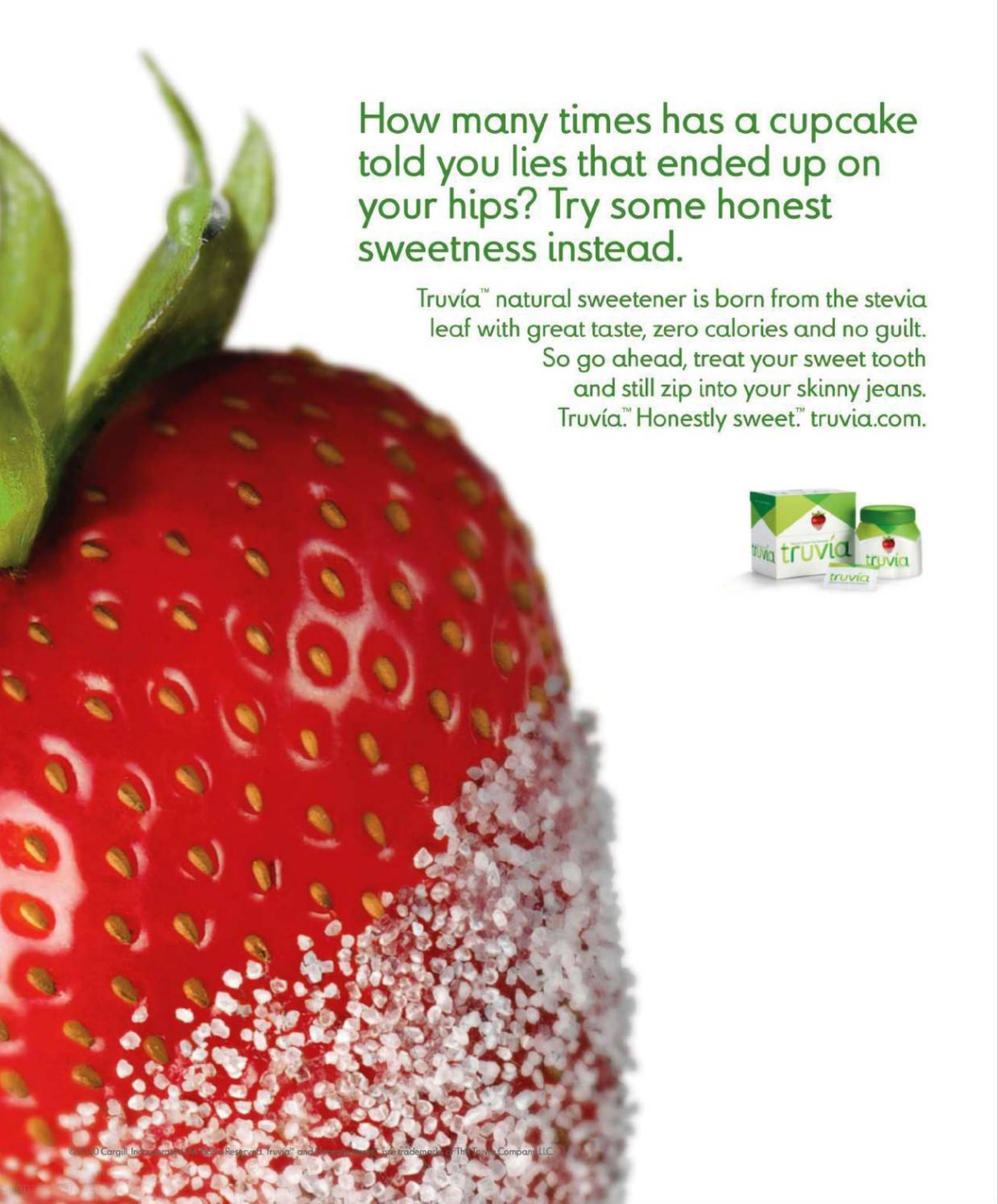
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Ask Ellie

Dietitian and *Healthy Appetite* host **Ellie Krieger** answers your nutrition questions and makes over a takeout favorite.

Q: Are there any foods that will help jump-start my metabolism?
Donna Reiss, Orlando, FL
A: Green tea can boost your metabolism, but you'll need to drink a lot of it! Studies show that you can burn about 70 calories a day by drinking six cups of green tea, thanks to its combination of caffeine and catechins (antioxidants believed to help burn calories). But *what* you consume isn't the only thing that matters: *When* you eat affects your metabolism, too. Eating the same size meals at the same time each day can help. And, of course, exercise is the best way to burn extra fat. Try to exercise at least five days a week.

Q: What's the best way to make popcorn?
Liz Dzurinda, Clayton, NC
A: My favorite way to prepare popcorn is to toss ¼ cup of kernels in a small bowl with ½ teaspoon peanut oil and ¼ teaspoon salt. Then put that into a paper lunch bag, fold the top over a few times, and microwave for about 2 minutes, or until the popping almost stops. It comes out perfectly! And crunch on this: When you prepare your popcorn this way, you'll cut more than a third of the calories of regular microwave popcorn, plus you'll skip all those artificial additives.

Q: Can you cut the fat from my takeout?

Is there a healthier way to make sesame chicken?
Melissa Rosa, Las Cruces, NM
A: You can get a better version of that Chinese takeout you crave by cooking it at home, where you can control what goes into it. This sesame chicken is marinated and browned instead of breaded and fried. And extra garlic, ginger and crisp snow peas amp up the flavor and nutrition. All said and done, you save a shocking 270 calories, 10 grams of fat and 1,300 milligrams of sodium per portion compared with a typical restaurant version.

SESAME CHICKEN WITH SNOW PEAS

ACTIVE: 40 min | TOTAL: 1 hr | SERVES: 4

- 5 tablespoons low-sodium soy sauce
- 4 teaspoons toasted sesame oil
- 2 teaspoons honey
- 1¼ pounds skinless, boneless chicken breasts, cut into ¾-inch chunks
- 6 teaspoons canola oil
- 2 scallions, thinly sliced
- 1 tablespoon grated peeled ginger
- 3 cloves garlic, minced
- 1¼ cups low-sodium chicken broth
- 3 tablespoons sugar
- 3 to 4 teaspoons cornstarch
- 1 tablespoon rice vinegar
- 1 teaspoon chili paste
- 4 cups snow peas, trimmed
- Cooked brown rice, for serving (optional)
- 2 tablespoons toasted sesame seeds

1. Whisk 3 tablespoons soy sauce, 2 teaspoons sesame oil and the honey in a bowl. Toss in the chicken and marinate 20 minutes.
2. Remove the chicken from the marinade using a slotted spoon. Heat 2 teaspoons canola oil in a nonstick skillet over medium-high heat. Cook the chicken in 2 batches, turning once or twice, until browned, 3 to 5 minutes (add 2 more teaspoons canola oil between batches). Transfer the chicken to a plate and wipe out the skillet.
3. Heat the remaining 2 teaspoons canola oil in the skillet. Add the scallions, reserving some of the green parts for topping. Add the ginger and garlic and cook, stirring, 1 minute. Whisk the broth, sugar, cornstarch, vinegar, chili paste and the remaining 2 tablespoons soy sauce in a bowl; add to the skillet and cook, stirring, until thickened, 3 to 4 minutes. Stir in the remaining 2 teaspoons sesame oil.
4. Meanwhile, cook the snow peas in a steamer basket set over a few inches of boiling water until crisp-tender, 2 to 3 minutes.
5. Return the chicken to the skillet with the sauce and heat through. Serve the chicken and snow peas over brown rice, if desired. Top with the sesame seeds and reserved scallion greens.

Per serving: Calories 390; Fat 17 g (Saturated 3 g); Cholesterol 90 mg; Sodium 700 mg; Carbohydrate 23 g; Fiber 3 g; Protein 35 g

FOOD PHOTO: ANDREW MCCAUL; FOOD STYLING: ANNE DISRUDE; PROP STYLING: MARINA MALCHIN.

Click! Send your healthy-eating questions to Ellie at **foodnetwork.com/magazine.**

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PREP

Take sides by packing game-day snacks in these **food storage containers.** *$17 for three, Boelter Brands; dickssportinggoods.com*

The nonslip coating on this **flexible chopping mat** helps it stay put on makeshift prep surfaces. *$30 for two, Microthin; cooking.com*

When you can't wear a real team jersey, this **university apron** is the next best thing. *$25 for apron and mitt; target.com*

GRILL

Show your pride before and after the game by outfitting your grill in an oversize jersey **grill cover.** *$60, Team Sports America; biggsports.com*

It attaches with Velcro!

Add your team's stamp of approval to steaks and chops with a **BBQ branding iron.** *$30, Steak Brands; bbqfans.com*

Get everyone fired up for the game with a **propane-tank cover** for your grill. *$13; brookstone.com*

SERVE

This NCAA **snack helmet** will see as much action as the players on the field. You can toss the removable dip bowls into the dishwasher after the game. *$46, WinCraft; sidelinemvp.com*

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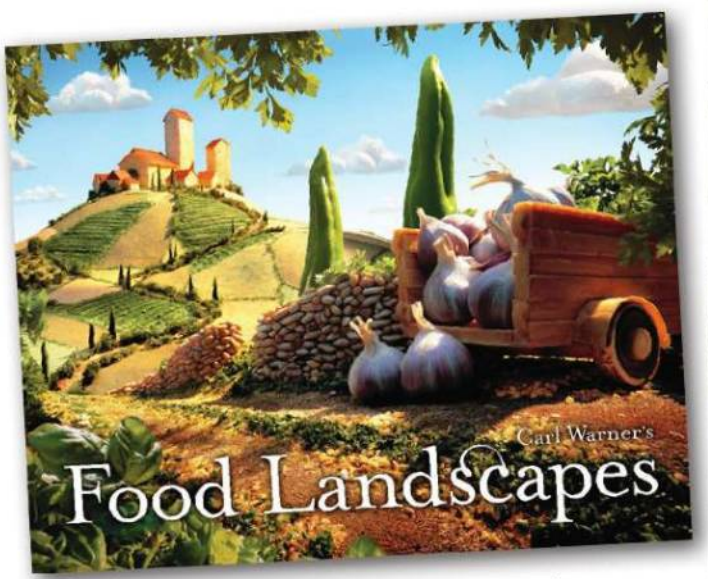
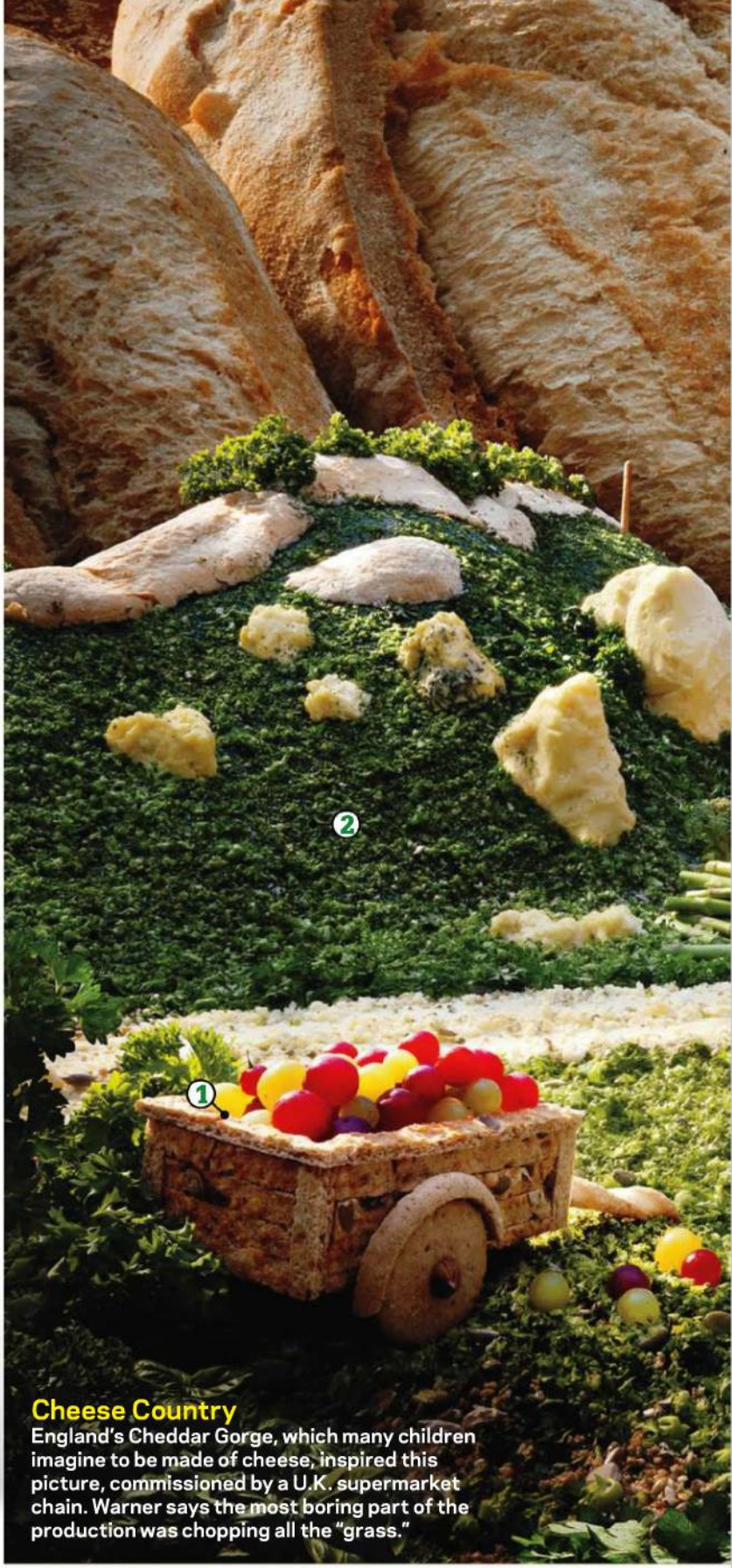
Get the Picture?

These scenes from a **new photo book** are built entirely of food. Can you identify the ingredients?

Take a close look at the cute little cottage in the picture at right: It's made out of cheese and crackers. This photograph, like every other image in British artist Carl Warner's wild new coffee-table book, *Food Landscapes*, started off with a trip to the grocery store: Warner buys carts full of food, then spends up to three days with a team of food stylists and model makers creating a totally edible landscape. Most of Warner's finished pieces have ended up in advertisements throughout Europe, and he is creating an animated TV show based on his art that teaches kids about healthy eating. You can see 25 of his works in his new book, or turn the page for a sneak peek at our favorite shots. See if you can guess the ingredients he used to build each scene; the answers appear below the photos.



Carl Warner's Food Landscapes ($23; Abrams Image) hits bookstores October 1.



Cheese Country
England's Cheddar Gorge, which many children imagine to be made of cheese, inspired this picture, commissioned by a U.K. supermarket chain. Warner says the most boring part of the production was chopping all the "grass."

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1. Grapes and spelt crackers **2.** Chopped parsley **3.** Crackers and stilton cheese **4.** Cauliflower **5.** Crusty bread **6.** Broccoli **7.** Cheddar cheese **8.** Breadsticks **9.** Sliced bread **10.** Cheshire cheese, the oldest known British cheese

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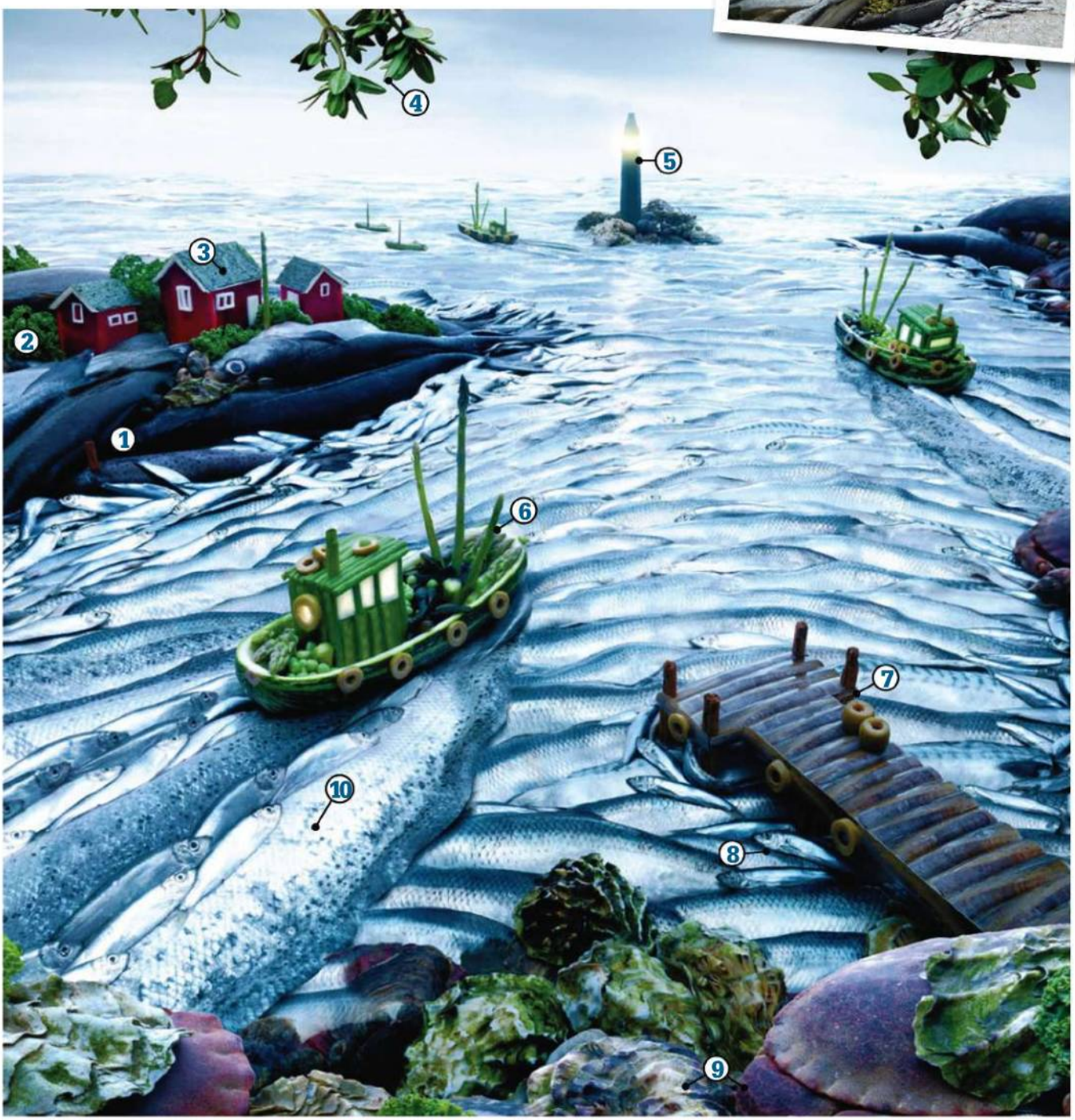
Something Fishy

Because of all the fish involved, Warner had to assemble and shoot this photograph in one long 20-hour day, before the food spoiled. He says he stunk on the train ride home but has no regrets: The shot, inspired by Nordic fishing villages and originally commissioned by a Swedish seafood company, is his favorite in the book.

More than $2,000 worth of seafood went into this shot!



1. Pollack **2.** Curly kale **3.** Red peppers and seaweed **4.** Thyme **5.** Zucchini **6.** Asparagus **7.** Razor clams, olives and cinnamon sticks **8.** Whitebait, a fish similar to sardines **9.** Oysters **10.** Salmon fillets

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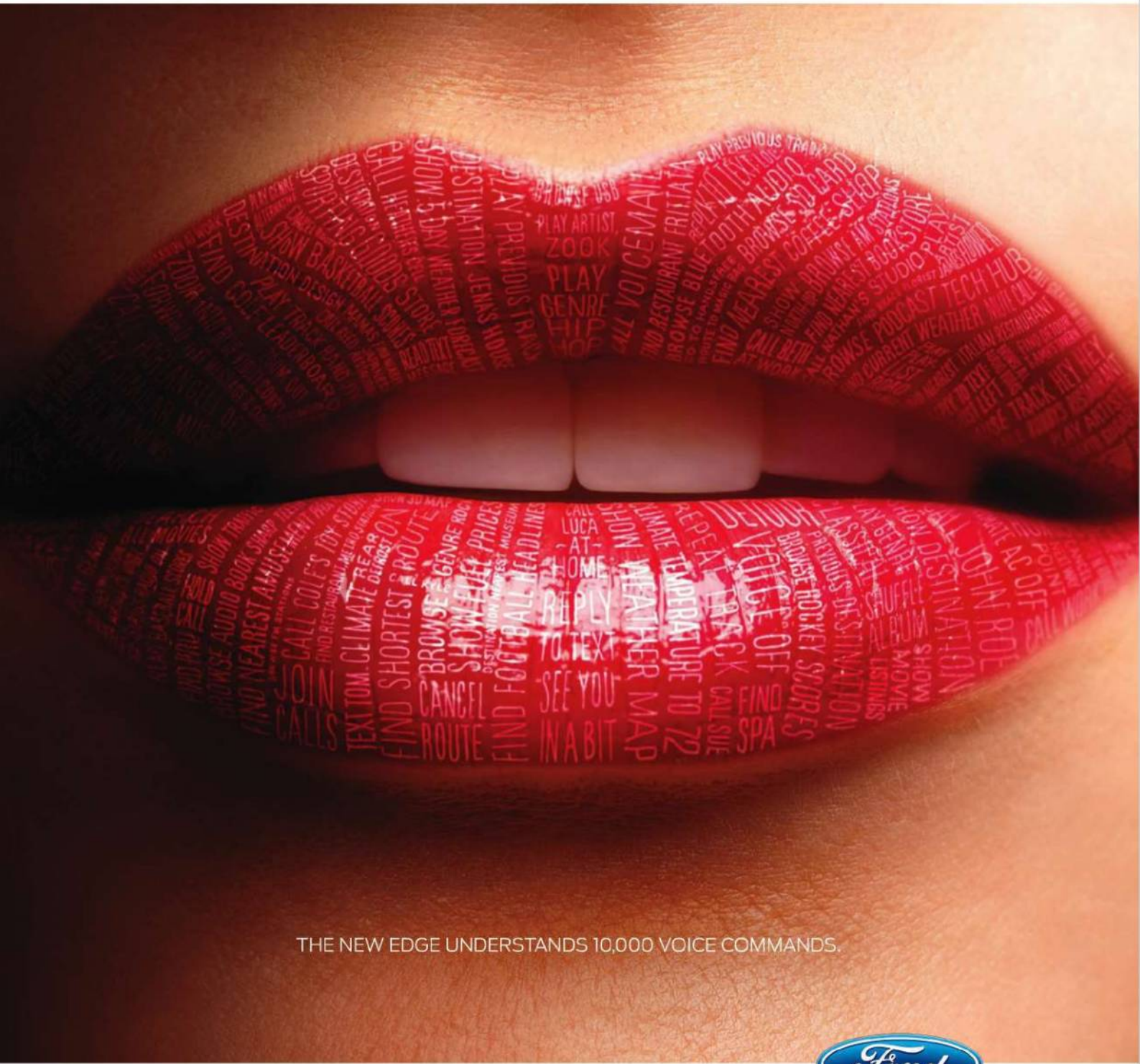

Ford

Drive one.

See details next page.

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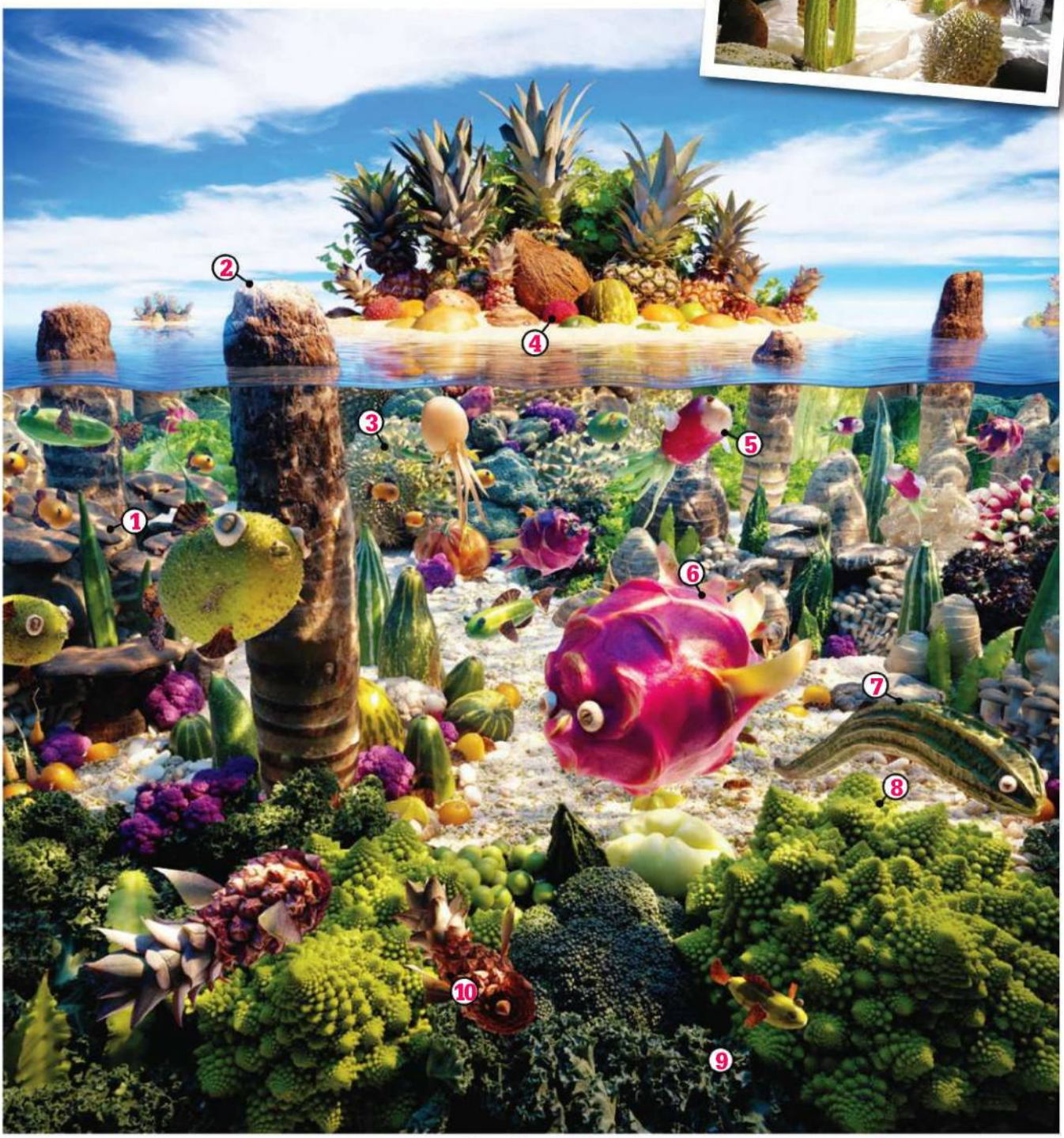
Produce Paradise

Warner trekked to Chinese and Indian markets all over London to find more than 30 kinds of exotic fruits and veggies for this island scene. See if you can spot the durian; the Asian fruit smells so bad, it's banned in some places.

Rippled glass created the underwater effect.



1. Mushrooms 2. Yam 3. Durian 4. Lychee 5. Radish 6. Dragon fruit
7. Chinese cucumber 8. Romanesca cauliflower 9. Curly kale 10. Baby pineapple

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Star Kitchen

Ted Allen's home kitchen is a lot like the one on *Chopped*: fully equipped and tons of fun.

PHOTOGRAPHS BY **DAVID A. LAND**

Ted Allen's longtime partner, Barry Rice, often jokes that Ted's next cookbook should be called *Dinner by 10 p.m.* Barry likes to tease his TV-star mate about how long Ted takes to get a meal on the table, to which Ted replies, "I'm a decent cook, but I never said I was fast!" Ted takes his time—and you can hardly blame him: He's cooking these days in an over-the-top dream kitchen that Barry, an interior designer, along with architect Jarek Trzeszczkowski, created for the couple's Brooklyn townhouse. If Ted likes to cook here for hours on end, it's entirely Barry's fault. Barry's the one who dreamed up all the fun features of the space: a huge island, hands-free faucets, a ridiculously powerful ventilation hood, pullout pantry shelves, a special area for baking, even a restaurant-style cleanup zone with double dishwashers. Barry's most brilliant move of all, though, was putting a lounge right in the kitchen (see page 54) where guests can hang out and make cocktails—without a care in the world for when Ted will get dinner on the table.

EXPOSED TOOLS AND PANS
Ted can find anything he needs in this prep zone: It's stocked with more than a dozen knives, plus bins of tools and an industrial food processor and juicer. "I like that the tools are out, so I can grab anything I need," he says. "And guests can jump in and help: They know where the pots are; they know where the knives are."

FANTASY ISLAND
This big island keeps the guests on one side of the kitchen and the cooks on the other. Barry chose pietra cardosa (like a cross between granite and slate) for the top: "It looks like soapstone but it's not as soft." Ted's laptop is a fixture here. "I never cook without music," he says.

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PATIO DINING
Big glass doors open into this indoor-outdoor dining area, where the couple entertains before heading to the garden. That's Flo, one of their cats, and she's not allowed on the table.

This section is the pastry kitchen!

GROOMING: MICHELLE KEARNS.

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THE GUEST LOUNGE

Without prompting, the couple's dinner guests naturally gravitate toward this seating area. "The idea was to keep them out of the working side of the kitchen," Barry says. The minibar stays stocked, so they can help themselves to drinks.

BREAKFAST CENTRAL

Ted and Barry hit this spot every morning for espresso from their built-in Miele coffee machine, and Barry makes blackberry-banana smoothies in this commercial-grade Vita-Mix blender.

HIDDEN STORAGE

Every square inch of the kitchen has been put to use: These drawers under the bench serve as storage for Ted and Barry's ever-growing collection of roasting pans and other gear. The drawers are so big, "you could fit a person in here!" Ted says.

Turn the page to get Ted's look.

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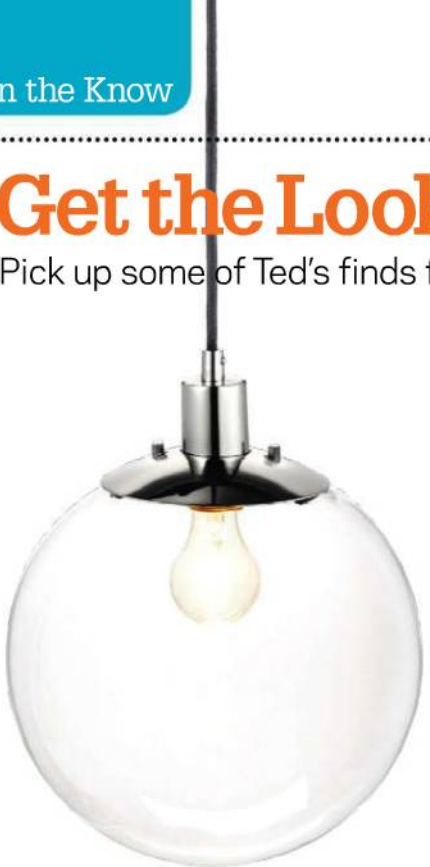

Barry found his '70s-era Italian bubble **pendant lights** in a Los Angeles antiques store and hung them above the island. West Elm sells these lookalikes. *$99; westelm.com*

Ted likes to keep all of his pots and pans within easy reach. You can do the same with this **Offset Hook Ceiling Bar Rack.** *$140; enclume.com*

The couple keeps supersoft **Mongolian sheepskin pillows** on the bench in the guest seating area. *$70 each; pillowdecor.com*

Ted and Barry bought a **vintage wall-mounted telephone** on eBay so Ted could carry out radio interviews on a landline. Theirs is orange; we like this bright red one, too. *$70; oldphones.com*

Barry special-ordered these **counter stools** in white; the brushed aluminum finish shown here is available without the wait. *$335, Emeco; dwr.com*

PRODUCTS: JEFFREY WESTBROOK/STUDIO D.

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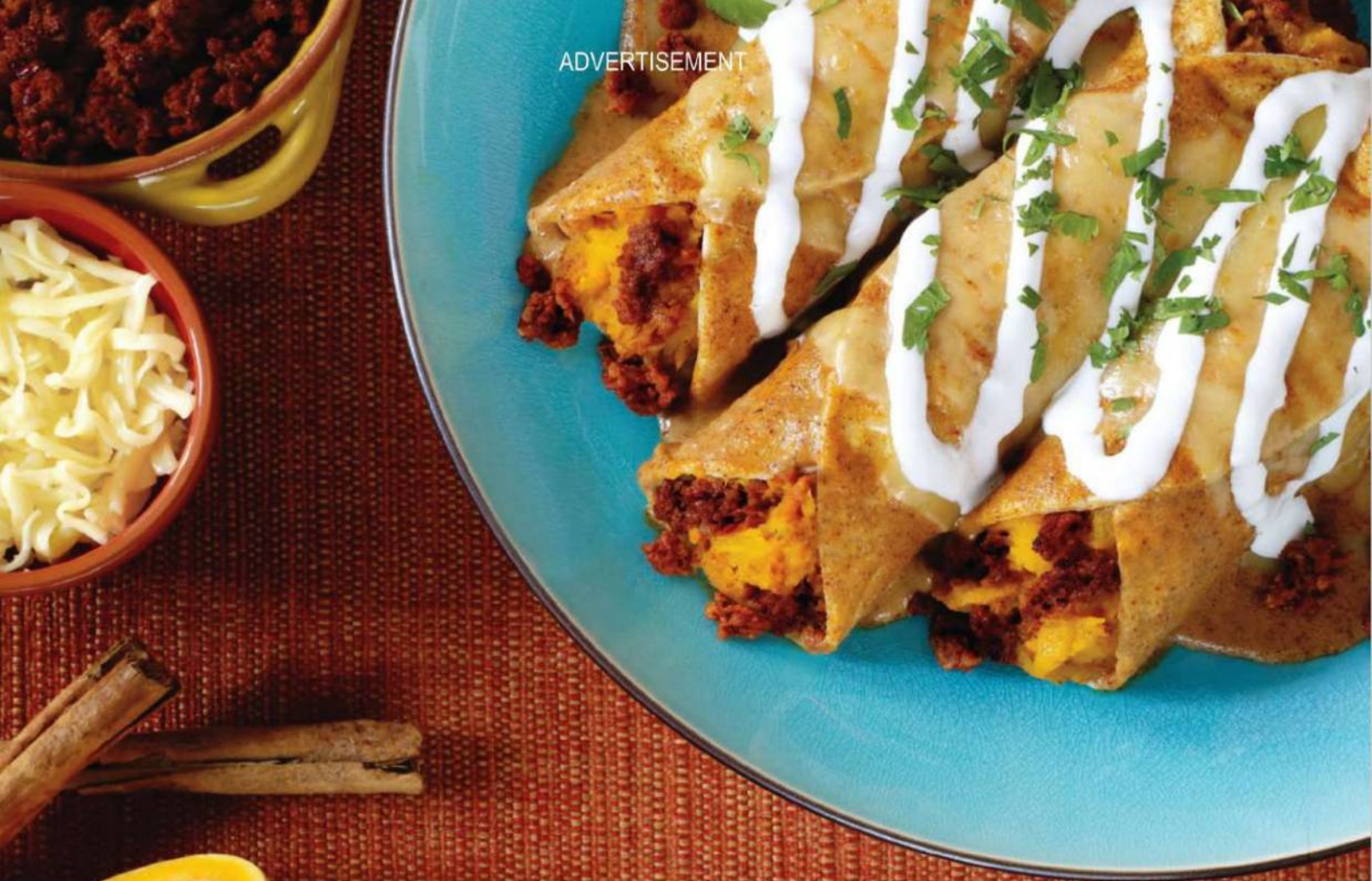

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Butternut Squash and Chorizo Enchiladas with Cinnamon-spiced Crema

Serves 4-6 people Prep Time 1 hour Cook Time 30 minutes

Sauce:
2 oz butter
5 tbsp flour
2 cups beef broth
4 tbsp chili powder
1 tsp cumin
2 tsp garlic powder
1/2 tsp salt
1 tsp ground cinnamon
Pinch nutmeg
1 tsp brown sugar
1/2 cup Cacique® Crema Mexicana

Filling:
10 oz Cacique® Chorizo (pork or beef)
1 small butternut squash,
or 1-16 oz bag frozen butternut squash
cooked as per package instructions

Topping:
12-16 corn tortillas
1/2 pkg (5 oz) Cacique® Queso Quesadilla, shredded

Chef Aarón Sanchez
Celebrity Chef/Restaurateur

Sauce: Melt butter in saucepan and whisk in flour. Cook for 2 minutes on medium heat, stirring constantly. Slowly whisk in broth. Add remaining ingredients, except Crema Mexicana, and whisk thoroughly. Bring to a slight boil and remove from heat. Let cool, then mix in Crema Mexicana.

Filling: Cook chorizo according to package instructions and drain well. Set aside. Split squash in half, remove seeds, poke holes in surface, and bake at 350°F for 45 minutes. Allow to cool, then scoop out tender flesh and mash. Add cooled chorizo.

Lightly coat bottom of a baking dish with sauce. Scoop filling into tortillas, roll and place in baking pan. Cover the tops of the enchiladas with sauce and top with shredded Queso Quesadilla. Bake uncovered at 350°F for 15–20 minutes, or until cheese is browned.

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Ted Says...

What's a home cook to do when his kitchen becomes a construction zone? *Chopped* host **Ted Allen** lived to tell.

The kitchen before the renovation. Below: Ted roasting a chicken in his laundry room.

While contractors were busy hammering our dream kitchen to life last year in our 1879 Brooklyn brownstone (see page 52), my partner, Barry, and I had to deal with the question everyone faces during a kitchen renovation: How long can we survive on takeout?

As experienced home rehabbers, we knew better than to expect an on-time finish. What were we talking? Six months? Nine? (It took almost a year.) We couldn't do it—we were sick of our quickie neighborhood restaurant options before the project even started. Besides, we did not need to supersize ourselves while we supersized our kitchen. We had to build a temporary setup because, you know, a guy needs certain things. Ice. Coffee on demand. Somewhere to chill a beer. A place to make a ham sandwich.

We decided to turn our laundry nook into a makeshift kitchen. We figured we might occasionally get lint in the soup (and we did), but no biggie. I was able to make all sorts of meals using just a microwave, a toaster, a mini fridge and an induction hot plate. I figured some of what I learned might be useful to those of you who are heading into a kitchen renovation yourselves.

1. You need a sink.

You don't want to wash your dishes in the same place you wash your feet. Our laundry room didn't have one, so we bought a $100 fiberglass utility tub. A year after finishing the renovation, it's still in the laundry room, and we love it.

2. Pare down.

When you have only one burner and a tiny oven, you don't need many pans. I limited my collection to a stockpot for pasta and stews, a skillet, two medium sauce pots and a few microwave-safe containers with vented lids.

3. Cover everything.

Construction dust is like radiation; it ends up everywhere, no matter how much plastic you tape over your doorways. And as soon as you clean, someone fires up another saw. During a renovation, you'll have to wash your cooking tools every time you cook, unless you keep the tools stored in big airtight plastic bins. We didn't. We should have.

4. Keep a good knife handy.

It's tempting to use plastic cutlery, but it's wasteful. And you're just compounding the renovation misery with knives that can't cut anything and tines that snap off your fork. Hate that. Use the real thing.

5. Remember the spice rack.

Before you pack away your whole pantry, note that pizza still needs red pepper flakes and life isn't worth living without olive oil (it goes rancid quickly anyway, so it's not worth storing). You may not be cooking ambitiously enough to need cardamom or fenugreek, but odds are the cinnamon and oregano will come in handy.

From a cooking point of view, I found our renovation experience really satisfying. As much fun as it is to work with powerful stoves, fancy freezers and a huge collection of pots, I learned in our temporary kitchen that I don't need all of that to produce good eats. I used our microwave/convection oven for casseroles and the hot plate for stews, soups and chili. I also set myself up with some good one-pot recipes. Thank you, Tom Valenti! (Check out his book *Soups, Stews, and One-Pot Meals.*)

I've always had fun cooking in makeshift kitchens—on camping trips, in ill-equipped vacation cottages. Roughing it, and improvising, has its pleasures. That said, phase two of our rehab will shut down our only full bathroom for several weeks, requiring us to move to a hotel for a while. I'm OK with that.

Click! Write to Ted at **foodnetwork.com/magazine.**

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Star in Training

The Next Food Network Star winner **Aarti Sequeira** takes us through the making of her new show.

PHOTOGRAPHS BY **MARK PETERSON**

REDUX.

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To keep her new show under wraps, Aarti went by a code name, "Whiskey," and wore a wig around town (left). Her family sent tunics, known as kurtas, from India, for her to wear on camera.

I wake up thinking, "Holy crap! I won!" It's the morning after the taping of *The Next Food Network Star* finale. One of my two fellow finalists, Tom Pizzica, is still sleeping, but the other, Herb Mesa, has already showered and worked out. Amazing, considering how late we were out last night. We celebrated at Bobby Flay's New York City restaurant Bar Americain. We were all *so* ready to talk smack about Bobby's food, after all those weeks of him critiquing ours. But we were speechless. His food was exquisite. Fine, Bobby, fine! You're excellent, OK? Later that morning, I head to a conference room at Food Network, where I meet with my production team. *My* production team! I still can't get over saying that. I'm intimidated, though. How am I going to stack up against past winners?

I learn that I have two days to provide 24 recipes. And eight show themes. Gulp. I know I already have that many recipes. But wow, that's fast! My husband, Brendan, starts going through my blog and writing down the names of all of my recipes. Prepping recipes for air is different than I had expected. I had assumed I'd make one dish at a time, but I'll actually be making them all at once. I remember Bobby telling me that I needed to learn to multitask. Bobby, why are you always right?

At Food Network we choose a code name so that no one will find out I'm the winner while we work on the show. My secret name is Whiskey, my favorite drink. A little old-school, a little brassy. Love it!

My head is still spinning. I won two days ago, and now I'm planning my own show—*Aarti Party*—on Food Network! Somebody pinch me!

When I get to my hotel that night, I check in under *another* secret name: Denise Brown. (It's hard to keep track of them all!) In my room I find a disguise I'll have to wear out in public: big sunglasses and a long, wavy wig. I feel like Beyoncé!

I even have my own production assistant. Her name is Maureen, and she follows me around to make sure I'm fed, hydrated, chocolate'd. She's amazing. She knows everything, like what kind of obscure tea I'm obsessed with at the moment. Can I take her home with me?

Wardrobe time! *Woo hoo!* My stylist, David White, shows me some gorgeous jewel-toned outfits. I have to wear colors that are a little dark, so if oil splatters on me, it won't show on camera. Yet another lesson!

Makeup consultation: ah, my favorite. I go from looking tired and splotchy to glamorous and well rested. I'm especially enchanted by the individual false eyelashes. If I had steady enough hands, I'd put these on every day!

Rehearsal day. *Oof,* this is it. But I'm strangely calm. I have to remember that I love this; this isn't a chore. The second I forget that, the camera is going to catch it,

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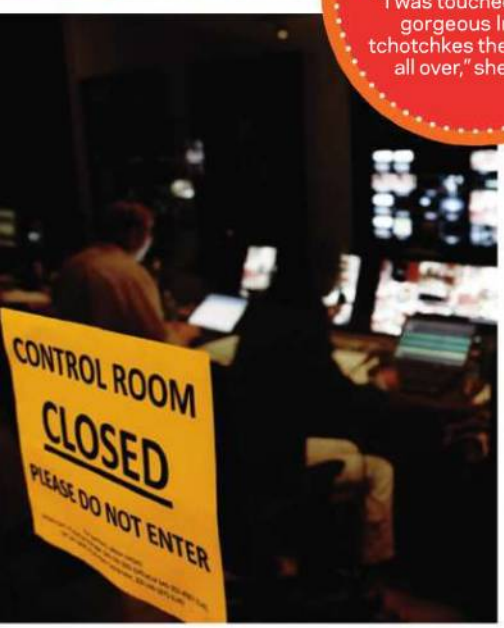
Set designers wanted to create a bright, fun kitchen to match Aarti's personality. "I was touched by the gorgeous Indian tchotchkes they placed all over," she says.



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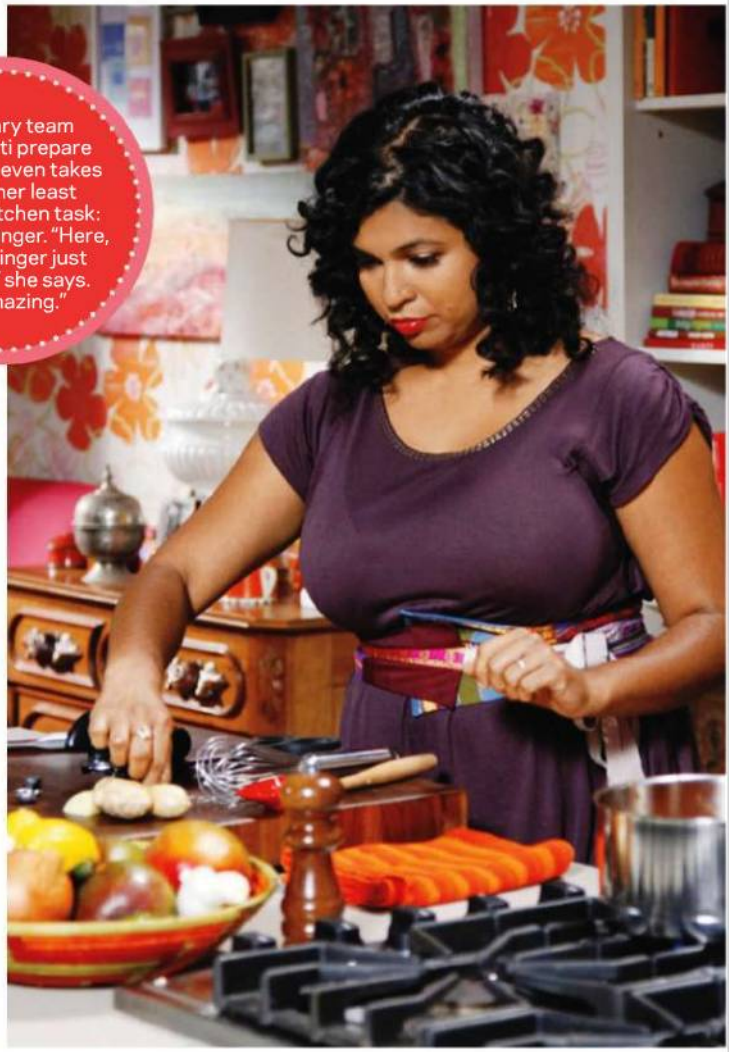

A culinary team helps Aarti prepare on set and even takes care of her least favorite kitchen task: chopping ginger. "Here, minced ginger just appears," she says. "It's amazing."

and so will you! And I can't let you down.

I go to see my set and I'm breathless. It's as if the set designer, Wendy Waxman, crept into my head and designed from all the kooky stuff she found in there. I add a couple of things: a photo of my mum, and one of Bren. Now it feels like home.

Then reality sinks in that I'm on my very own Food Network set and I think I might start to cry. But I remember those false eyelashes and I relax. I can't mess them up!

The rehearsal goes great. The executive producer, Mark Dissin, allows me to improvise my intro, which instantly puts me at ease. I'm still learning my way around (where are those damned tasting spoons?) and trying not to turn my back to the camera, but I get through everything fine, and we can go home early. I high-five myself. The first call I make when I get back to the hotel: room service. Three-scoop sundae, please, with all the fixin's.

The first shoot day is harder than I expected. I have to remember all my steps and weave in my stories and cooking tips. But at the end of the day, Mark tells me I did a great job. And I feel it, too—this is what I'm meant to do.

We shoot each segment twice: one wide shot, the second up close. Between takes I watch what I just shot. This is surreal. It looks like a real cooking show! It's really helpful to watch and learn from each take, but it's also a little disconcerting to see myself in high-definition. Every blemish is glaring!

On the third day of taping, I walk out of makeup and get changed. I'm just pulling on my Spanx (yeah, girl, the secret's out!) when all of a sudden, the lights go out. There's a blackout at Food Network. We can't work, so I'll have to shoot one and a half episodes *and* the show intro the next day, in addition to doing a promotional photo shoot during my lunch break. Tomorrow's going to be a *looooooong* day. Can I keep my energy up?

The next day during the lunchtime photo shoot, we go through four outfits in an hour! I've always struggled with photos: When I smile, my normally massive eyes disappear into little slits. The photographer helps me figure out a half-smile so you can still see my eyes. It feels weird! I wonder which of these photos will hang on the wall with the others. My photo's going to be on the same wall as Guy Fieri's! *Agh!*

After five days of taping, I'm done. That's my show. Six episodes are in the bag. We organize a toast for the crew, and I make sure to clink glasses with every one of the 45 people on set. I thank them from the bottom of my heart for making my dreams come true, and tell them about how I used to pretend to be a cooking show host with my tea set as a kid. It is so much cooler than I ever imagined.

Turn to get Aarti's recipe for Bombay Sloppy Joes.

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The only problem with sloppy joes, Aarti says: "They're messy to eat on air!"

BOMBAY SLOPPY JOES

ACTIVE: 45 min | TOTAL: 55 min | SERVES: 4

FOR THE SAUCE
- 2 tablespoons vegetable oil
- 1 tablespoon minced peeled ginger
- 2 cloves garlic, minced
- ½ serrano chile pepper, seeded and minced
- 1 teaspoon garam masala
- ½ teaspoon paprika
- 1 15-ounce can tomato sauce

FOR THE SLOPPY JOES
- 3 to 4 tablespoons vegetable oil
- Small handful (about ¼ cup) raisins
- Small handful (about ¼ cup) shelled pistachios
- 1 teaspoon cumin seeds
- 1 large white onion, finely diced
- 1 red bell pepper, seeded and finely diced
- 1 serrano chile pepper (don't chop it unless you like things spicy!)
- Kosher salt
- 1 pound ground turkey
- ½ teaspoon honey
- ¼ cup half-and-half
- Small handful fresh cilantro (soft stems included)
- 4 sesame buns

1. Make the sauce: Heat the vegetable oil in a medium saucepan over medium heat. Add the ginger, garlic and chile pepper and cook until the ginger and garlic brown a little, about 1 minute. Add the garam masala and paprika and cook 30 seconds. Add the tomato sauce and 1 cup water, stir and bring to a boil. Reduce the heat to low and simmer, uncovered, 15 minutes.

2. Meanwhile, prepare the sloppy joes: Heat 2 tablespoons vegetable oil in a large skillet over medium heat. Add the raisins and pistachios and cook, stirring occasionally, until the raisins swell up and the pistachios toast slightly, about 1 minute. Remove from the skillet and set aside.

3. Return the skillet to medium heat and add the remaining 1 to 2 tablespoons vegetable oil. Add the cumin seeds and let sizzle about 10 seconds, then add the onion and bell pepper and cook until softened and starting to brown, about 5 minutes. Add the chile pepper and cook 2 more minutes, seasoning with salt. Add the turkey, breaking up the big lumps, and cook until opaque, about 5 minutes.

4. Add the prepared sauce to the turkey-and-onion mixture in the skillet. Stir and bring to a boil, then reduce the heat to low and simmer until the mixture thickens slightly, about 10 minutes.

5. Remove the whole chile pepper (unless you want to eat it, like my dad does!) and stir in the honey, half-and-half, raisins and pistachios. Taste for seasoning. Stir in the cilantro right before serving.

6. Toast the buns and fill with the sloppy joe mixture. Eat with your hands!

On her new show, *Aarti Party*, Aarti gives American classics an Indian twist. These masala-style sloppy joes were one of the first dishes she made in front of the camera.

FOOD PHOTO: YUNHEE KIM; FOOD STYLING: STEPHANA BOTTOM; PROP STYLING: MEGHAN GUTHRIE.

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Fun Cooking

Keep an eye on your **morning toast.** Then, judge a nacho showdown and try some exclusive Iron Chef recipes.

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At long last, a see-through toaster!

JEFFREY WESTBROOK/STUDIO D.

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face-off

"There's nothing out there like spicy nduja sausage. When cooked, it's like a meat sauce."

He Made

CHRIS COSENTINO'S NACHOS MY WAY

ACTIVE: 25 min | TOTAL: 35 min | SERVES: 6

FOR THE SALSA

- 3 large heirloom tomatoes (about 2½ pounds), cored
- 1 large red onion
- 1 serrano chile pepper, stemmed
- 1 cup fresh cilantro (leaves and stems)
- 1 tablespoon Mexican beer (drink the rest!)
- Juice of 1 lime
- Kosher salt and freshly ground pepper

FOR THE NACHOS

- 6 to 8 ounces nduja (soft Italian salami; *available at boccalone.com*)
- 1 8-to-10-ounce bag white corn tortilla chips
- 1 bunch scallions, thinly sliced
- 2 cups canned pinto beans, drained and rinsed
- Finely grated zest of 1 lime
- 12 radishes, thinly sliced
- 1 cup queso fresco
- 1 cup fresh corn kernels
- 2 tablespoons pickled jalapeño slices, drained, or more to taste
- 2 hass avocados
- ½ cup fresh cilantro leaves

Chris' secret weapon

1. Make the salsa: Roughly chop the tomatoes, onion and chile pepper and transfer to a food processor. Add the cilantro and beer and blend until chunky-smooth. Add the lime juice, 1 teaspoon salt, and pepper to taste.

2. Make the nachos: Preheat the oven to 300°. Render the nduja by sautéing it in a skillet over medium heat to give it a loose, spoonable consistency, 3 to 4 minutes. Toss the tortilla chips with the scallions, beans, lime zest, radishes, ½ cup queso fresco, the corn and pickled jalapeños in a large bowl. Add the rendered nduja and mix well. Place in a nonreactive casserole dish, then top with the remaining ½ cup queso fresco. Bake until the nachos are heated through (the cheese will not melt completely), about 10 minutes.

3. Spoon some of the salsa on top of the nachos (reserve the rest for dipping). Slice the avocados in half, remove the pits and dice inside the skin. Scoop out the avocado pieces and drop them on the top of the nachos along with the cilantro.

FOOD PHOTOS: YUNHEE KIM; FOOD STYLING: STEPHANA BOTTOM; PROP STYLING: MEGHAN GUTHRIE.

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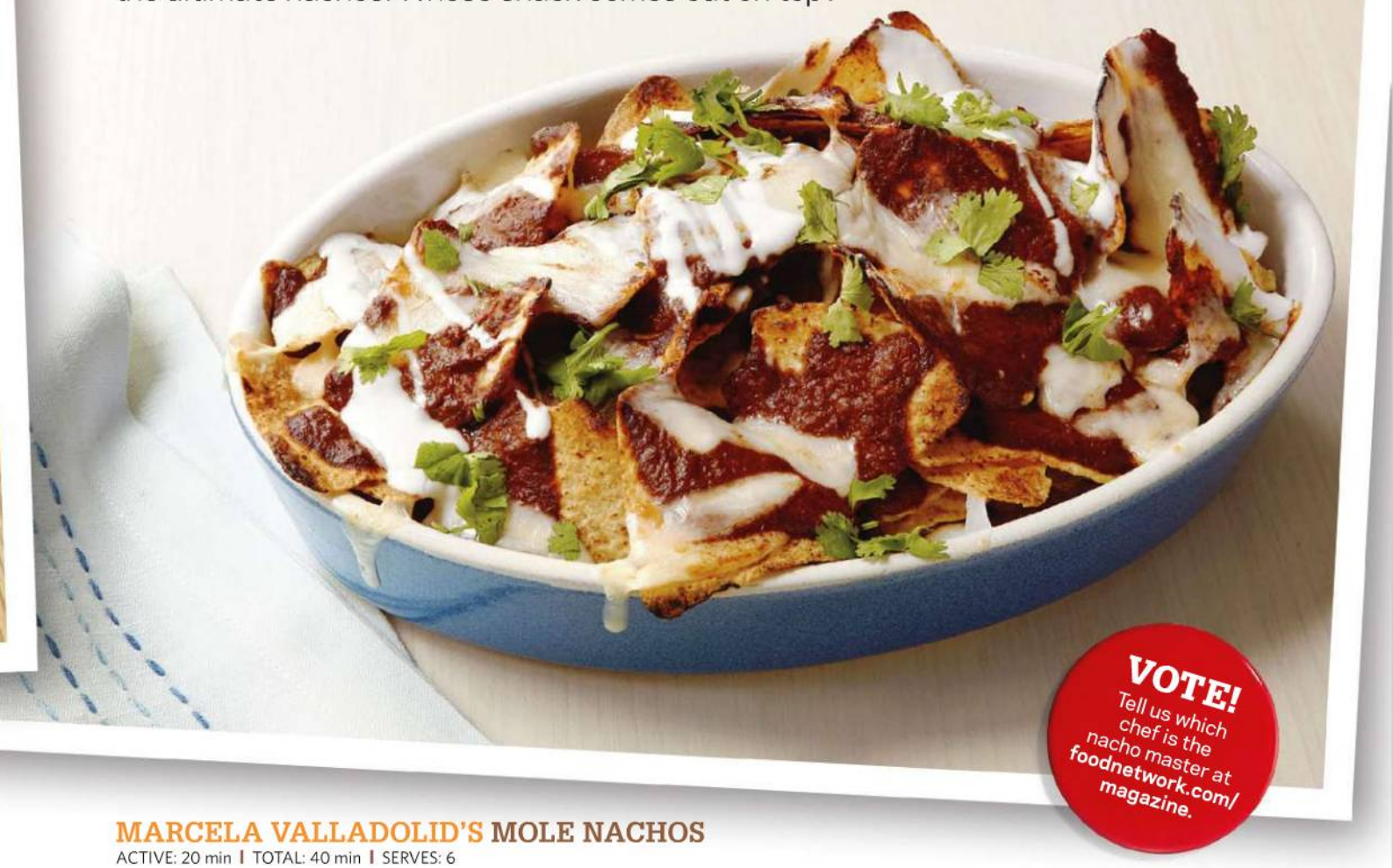
She Made

"My mole has half the ingredients of a traditional recipe and takes half the time!"

We asked **Chris Cosentino,** cohost of *Chefs vs. City,* and **Marcela Valladolid,** of *Mexican Made Easy,* to create the ultimate nachos. Whose snack comes out on top?



VOTE! Tell us which chef is the nacho master at **foodnetwork.com/magazine.**

MARCELA VALLADOLID'S MOLE NACHOS

ACTIVE: 20 min | TOTAL: 40 min | SERVES: 6

- 5 dried pasilla chile peppers
- 2 tablespoons extra-virgin olive oil
- 2 cups chopped onions
- 2 cloves garlic, minced
- 1½ cups low-sodium chicken broth
- 2 tablespoons creamy peanut butter
- 1½ teaspoons sugar
- 1 teaspoon dried oregano, crumbled
- 1 8-to-10-ounce bag tortilla chips
- 1 3.1-ounce disk Mexican chocolate, chopped
- Kosher salt and freshly ground pepper
- ½ to 1 cup grated Oaxaca cheese or monterey jack cheese
- 2 to 4 tablespoons Mexican crema or sour cream
- 2 to 4 tablespoons chopped fresh cilantro

marcela's secret weapon

1. Preheat the broiler. Stem and seed the chile peppers and soak in warm water until soft, about 15 minutes. Drain.
2. Heat the olive oil in a saucepan over medium heat. Add the onions and garlic and cook, stirring occasionally, until the onions are translucent, about 5 minutes. Transfer the mixture to a blender and add the chiles, chicken broth, peanut butter, sugar and oregano. Coarsely crumble ¼ cup tortilla chips, add to the blender and puree until smooth. Return the mixture to the saucepan and simmer, stirring, about 5 minutes. Stir in the chocolate until melted. Season the mole with salt and pepper.
3. Place the remaining tortilla chips in a baking dish. Pour about 2 cups mole on top (reserve the rest for dipping); sprinkle with the cheese. Broil until the cheese melts, about 2 minutes. Top with the crema and cilantro.

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Panko Chicken with Fennel and Tomatoes—*Serves 4*

Chicken—
1/3 cup all purpose flour
1/2 cup egg substitute (or 2 whole eggs, beaten)
1-1/3 cups panko (Japanese bread crumbs)
1 Tbsp. dried oregano
1/4 tsp. salt
1 tsp. paprika
Four, 6-oz. boneless skinless chicken breasts, pounded to ½-inch thickness
3 Tbsp. Pompeian Classic Olive Oil or OlivExtra® Original

Vegetables—
2 fennel bulbs, trimmed and thinly sliced
2 Tbsp. Pompeian Classic Olive Oil or OlivExtra® Original
4 medium garlic cloves, minced
1/8 tsp. dried pepper flakes
1/4 tsp. salt
2 cups grape tomatoes, halved
***Pompeian Extra Virgin Olive Oil** for drizzling*
1/2 oz. Parmesan or Asiago cheese, shaved

Preparation—
Place flour in a bowl. Place egg substitute in another bowl. Combine the panko, oregano, and paprika in a third bowl. Season both sides of chicken with salt and pepper. Dredge chicken breasts in flour, dip in egg and coat evenly with panko mixture.

Heat 3 Tbsp. **Pompeian Classic Olive Oil** in large skillet over medium heat. Cook chicken 4 minutes on each side or until no longer pink in center. Set aside.

Heat 2 Tbsp. **Pompeian Classic Olive Oil** in skillet with any pan residue, cook fennel 8-9 minutes or until beginning to brown on the edges. Stir in tomatoes, cook 2 minutes. Stir in garlic, cook 15 seconds. Season with salt and pepper. Place on serving platter, drizzle fennel mixture with **Pompeian Extra Virgin Olive Oil**, top with chicken and cheese shavings.

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challenge

Out of the Box

Three chefs from Food Network Kitchens put a fresh spin on a fall favorite: **canned pumpkin.**

FOOD PHOTOS: ANDREW MCCAUL; FOOD STYLING: ANNE DISRUDE; PROP STYLING: MARINA MALCHIN. CANNED PUMPKIN: MARKO METZINGER/STUDIO D. PORTRAITS: BEN GOLDSTEIN/STUDIO D.

DANIELLE'S PUMPKIN-PIE PARFAITS

ACTIVE: 25 min | TOTAL: 25 min
SERVES: 6

- 13 gingersnaps, chocolate wafers or graham crackers
- 1 tablespoon unsalted butter, melted
- ¾ cup plus 1 tablespoon confectioners' sugar
- ½ cup canned pure pumpkin
- 2½ teaspoons bourbon
- Pinch of freshly grated nutmeg
- ½ cup white chocolate chips
- 2 cups cold heavy cream

1. Put 7 cookies in a resealable plastic bag and crush into crumbs with a heavy pan. Brush the bottoms and about 1 inch up the sides of 6 parfait glasses with the butter. Add a spoonful of crumbs to each and roll them around the insides of the glasses; pour out the excess crumbs and reserve for topping. Refrigerate the prepared glasses.
2. Put ¾ cup confectioners' sugar, the pumpkin, 1½ teaspoons bourbon and the nutmeg in a food processor. Pulse until smooth, about 1 minute.
3. Put the white chocolate chips in a microwave-safe bowl and microwave at 50% power until melted, about 1 minute, stirring halfway. Add to the pumpkin mixture and process until combined. Transfer to a large bowl.
4. Beat 1½ cups cream in a bowl with a mixer until soft peaks form; fold into the pumpkin mixture until smooth. Divide among the prepared glasses and refrigerate until ready to serve.
5. Beat the remaining ½ cup cream with a mixer until foamy. Add the remaining 1 tablespoon confectioners' sugar and 1 teaspoon bourbon and beat until soft peaks form. Top the parfaits with the whipped cream, reserved cookie crumbs and the remaining 6 cookies.

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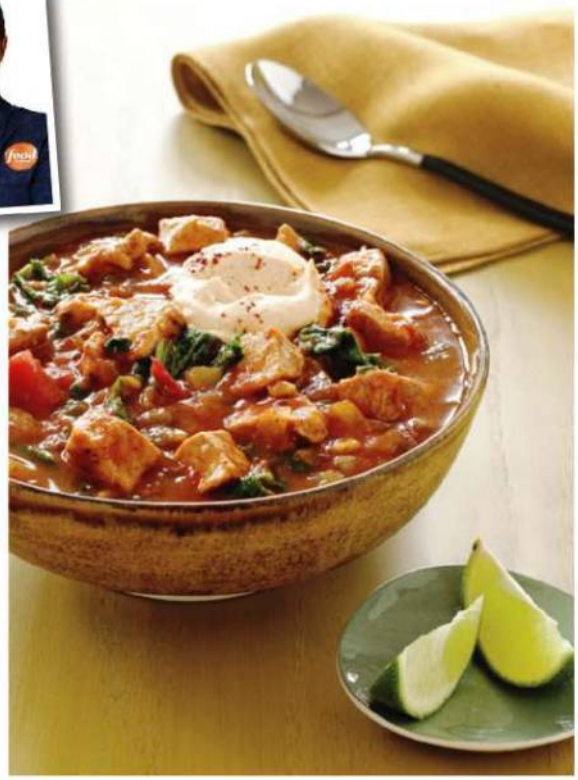
MORY'S PORK-AND-PUMPKIN CHILI

ACTIVE: 1 hr | TOTAL: 1 hr 40 min | SERVES: 6 to 8

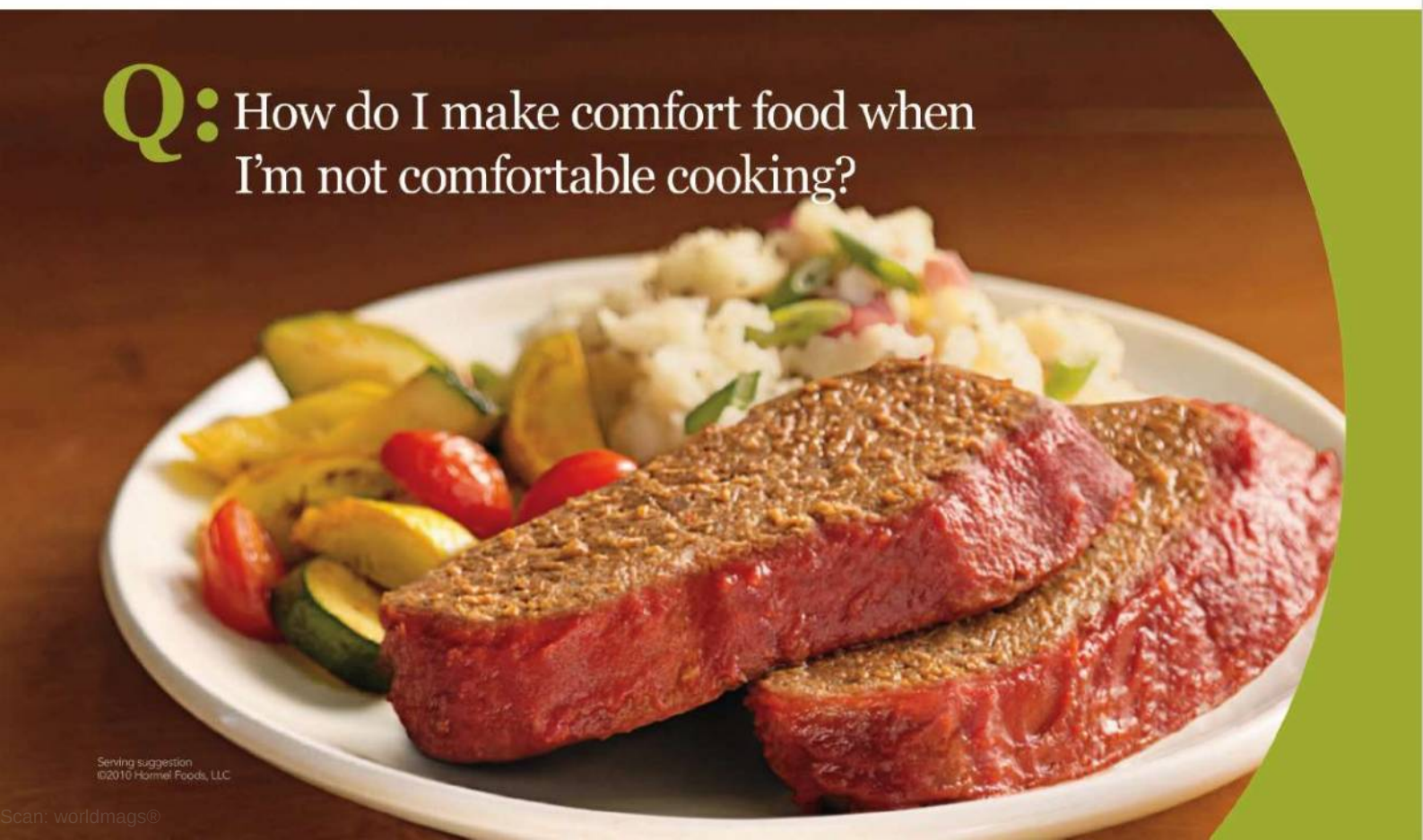
"Pumpkin goes well with chili powder, and what's better in October than chili?" —MORY THOMAS



3 pounds boneless pork shoulder, trimmed and cut into ½-inch cubes
1 12-ounce bottle Mexican lager
Kosher salt
2 to 3 chipotle peppers in adobo sauce, finely chopped
3 teaspoons dried oregano, preferably Mexican
1 15-ounce can pure pumpkin (about 1¾ cups)
½ cup sour cream
¼ cup vegetable oil
2 medium tomatoes, roughly chopped
1 poblano pepper, seeded and chopped
2 medium white onions, diced
¼ cup chili powder, plus more for sprinkling
4 cloves garlic, finely chopped
1 bunch mustard greens, stems removed, leaves roughly chopped
Lime wedges, for serving

1. Combine the pork, beer, 3 cups water and 2 teaspoons salt in a large pot and bring to a simmer over medium heat, skimming the foam off the surface. Add the chipotles and 1½ teaspoons oregano, cover and cook about 30 minutes.
2. Mix 3 tablespoons pumpkin, the sour cream and salt to taste in a bowl; cover and chill.
3. Heat the vegetable oil in a skillet over medium heat. Add the tomatoes, poblano, onions and 2 teaspoons salt; cook until soft, 15 minutes. Add the remaining 1½ teaspoons oregano, the chili powder and garlic; cook 5 minutes. Add the remaining pumpkin and cook 5 minutes.
4. Add the tomato mixture to the pork and simmer until the meat is tender, about 30 minutes. Add the greens and cook 10 more minutes. Season with salt. Ladle the chili into bowls; top with the pumpkin cream and more chili powder. Serve with lime wedges.

Q: How do I make comfort food when I'm not comfortable cooking?



Serving suggestion
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BOB'S MEXICAN PUMPKIN PUNCH

ACTIVE: 15 min | TOTAL: 35 min (plus chilling) | SERVES: 8 to 12

"This recipe was inspired by a drink I had in Mexico made from the local chilacayote squash."
—BOB HOEBEE

- 2 cups packed dark brown sugar
- 4 cinnamon sticks, preferably Mexican
- 1 29-ounce can pure pumpkin (about 3½ cups)
- 2 limes
- Splash of rum (optional)
- Pineapple chunks and/or pecans, for serving (optional)

1. Combine 12 cups water, the brown sugar and cinnamon sticks in a large pot and bring to a boil over medium-high heat, stirring until the sugar dissolves. Stir in the pumpkin and return to a simmer. Meanwhile, remove the zest from the limes in wide strips using a vegetable peeler; add the zest to the pot and simmer 15 minutes. Let cool, then refrigerate until the liquid is cold and the pumpkin pulp settles to the bottom, 2 to 3 hours.

2. Working in batches, ladle the liquid into a fine-mesh strainer set over a pitcher (repeat if necessary to strain out all the pumpkin pulp). Discard the pulp and lime zest. Return the cinnamon sticks to the punch and refrigerate until ready to serve.

3. Pour the punch into ice-filled glasses. Add rum, pineapple and/or pecans, if desired. Serve with the cinnamon sticks.

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Lighten Up

We trimmed down a New England favorite: **clam chowder.**

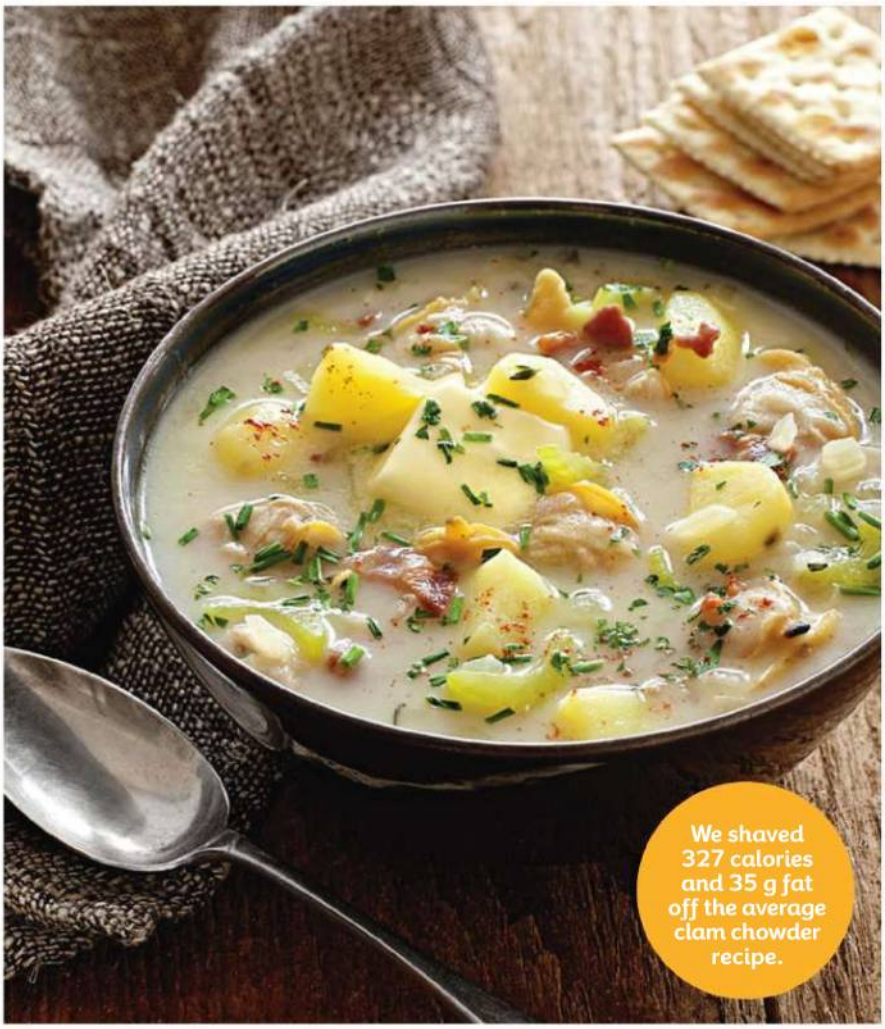
LOW-FAT CLAM CHOWDER

ACTIVE: 40 min | TOTAL: 1 hr 45 min | SERVES: 4

- 4 pounds cherrystone clams, scrubbed
- 2 large red-skinned potatoes, peeled and cut into ½-inch cubes
- 1 slice lean center-cut bacon, chopped
- 1 medium onion, diced
- 1 stalk celery, thinly sliced
- 2 cloves garlic, minced
- 1 teaspoon fresh thyme
- 2 bay leaves
- 1 cup fat-free half-and-half
- Kosher salt and freshly ground pepper
- 4 teaspoons unsalted butter, sliced
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh chives
- ½ teaspoon paprika

1. Put the clams and 2 cups water in a pot. Cover, bring to a boil over medium-high heat and cook 5 minutes. Uncover and continue to cook until the clams open, 5 to 10 minutes (discard any that do not open); transfer the clams to a bowl. Pour the liquid into a large measuring cup. (You should have 3 cups liquid; add water if needed.) Wipe out the pot.
2. Pour the liquid back into the pot through a paper towel–lined sieve. Add the potatoes, cover and simmer until tender, about 15 minutes. Remove one-third of the potatoes. Continue to cook the remaining potatoes, covered, until soft, about 10 more minutes. Puree in batches in a blender until smooth. Return the soup to the pot.
3. Cook the bacon in a skillet over medium heat until crisp, about 5 minutes. Add the onion and celery and cook until soft, about 5 minutes. Add the garlic, thyme and bay leaves and cook, stirring, about 3 more minutes. Add the bacon mixture and reserved potatoes to the soup. Cover and cook over low heat, about 5 minutes.
4. Meanwhile, remove the clams from their shells and roughly chop. Stir the clam meat and half-and-half into the soup; remove from the heat, cover and set aside, 20 to 30 minutes.
5. Discard the bay leaves. Season the soup with salt and pepper and reheat. Serve topped with a slice of butter, parsley, chives and paprika.

Per serving: Calories 353; Fat 9 g (Saturated 4 g); Cholesterol 76 mg; Sodium 251 mg; Carbohydrate 36 g; Fiber 4 g; Protein 29 g



CLAM CHOWDER: ANDREW MCCAUL; FOOD STYLING: ANNE DISRUDE; PROP STYLING: MARINA MALCHIN; INGREDIENTS: MARKO METZINGER/STUDIO D.

Secret Ingredients

Here's how Food Network Kitchens cut fat and calories.

Butter
There's no butter *in* the soup, but a thin slice on top adds rich flavor.

Center-Cut Bacon
This lean cut has 30% less fat than regular bacon.

Potatoes
We used pureed potatoes instead of cream to thicken the soup.

Fat-Free Half-and-Half
This alternative to half-and-half cuts 7 g fat per bowl.

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Copy That!

top secret

Food Network Kitchens brings back a beloved dish from the restaurant graveyard: **Chi-Chi's** chimichangas.

Chi-Chi's

It has happened to all of us: A restaurant closes and just like that, a favorite dish is gone forever. For thousands of fans of the Tex-Mex chain Chi-Chi's, which shuttered its last 65 restaurants in 2004, that dish was the chimichanga: a big tortilla stuffed with beef, seafood or chicken, lettuce, jack cheese and salsa, and topped with a secret "zesty Mexi-sauce." We've seen endless message-board posts from fans pondering the recipe and reminiscing about that unforgettable topping. Now they can taste it again: Chefs in Food Network Kitchens re-created the old favorite from memory, as a Halloween-inspired, back-from-the-graveyard edition of Copy That!

ALMOST-FAMOUS CHIMICHANGAS

ACTIVE: 40 min | TOTAL: 1 hr | SERVES: 4

- 2 tablespoons unsalted butter
- 4 tablespoons vegetable oil
- 1 white onion, chopped
- 3 cloves garlic, chopped
- 1 jalapeño pepper, diced (remove seeds for less heat)
- 1½ teaspoons chili powder
- ½ teaspoon ground cumin
- ¼ teaspoon ground cinnamon
- Kosher salt
- 1 small tomato, chopped, plus more for topping
- 2 tablespoons chopped fresh cilantro
- 2½ cups shredded rotisserie chicken
- ¼ cup sour cream
- 1 15-ounce can refried beans
- 4 10-inch flour tortillas
- 1 cup shredded monterey jack cheese, plus more for topping
- Mexi-sauce, for topping (see below)
- Shredded lettuce, for topping
- Mexican rice, for serving

1. Preheat the oven to 450°. Melt the butter with 2 tablespoons vegetable oil in a skillet; transfer to a bowl. Heat the remaining 2 tablespoons oil in the skillet. Add the onion, garlic and jalapeño and cook until soft, about 3 minutes. Add the chili powder, cumin, cinnamon and 1 teaspoon salt; toast 30 seconds. Add the tomato and cilantro and cook until slightly dry, about 2 minutes. Stir in the chicken and sour cream and warm through. Remove from the heat.
2. Brush a rimmed baking sheet with some of the butter-oil mixture. Spread 2 tablespoons refried beans down the center of each tortilla, leaving a 2-inch border on both ends. Top with 1 cup chicken mixture and ¼ cup cheese. Fold in the ends and roll up.
3. Put the chimichangas seam-side down on the baking sheet; brush with the butter-oil mixture. Bake 8 to 10 minutes per side, brushing again after you flip. Top with the sauce, more cheese, lettuce and tomato. Serve with rice and the remaining beans.

Make Chi-Chi's Mexi-sauce:

Sauté ½ cup chopped onion and 2 chopped garlic cloves in a skillet with vegetable oil. Add a pinch each of chili powder, cumin, sugar and salt; cook 30 seconds. Stir in two 4-ounce cans chopped green chiles (drained and rinsed); cook 2 minutes. Add 1 cup chicken broth and simmer until thickened, then puree. Stir in ¼ cup chopped cilantro.

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Supreme Cuisine

For the first time ever, the Iron Chefs share recipes from Kitchen Stadium. The 10 new competitors on *The Next Iron Chef* should take note.

Bobby Flay

Michael Symon

Mario Batali

Cat Cora

Jose Garces

Masaharu Morimoto

There's a reason you can't ever get your hands on recipes from *Iron Chef America*: They're completely over the top—and sometimes downright insane. These aren't recipes for the home cook or even ordinary chefs. They're recipes for world-class culinary warriors: men and women who can break down whole animals in minutes and calmly set wheels of cheese on fire before a panel of judges. As 10 chefs fight to become the next Iron Chef (meet them on page 90), they, and you, can finally see just what goes into a single plate from a winning battle: We asked the reigning Iron Chefs for their all-time favorite recipes from Kitchen Stadium. We aren't going to say, "Don't try this at home," but we will say we warned you.

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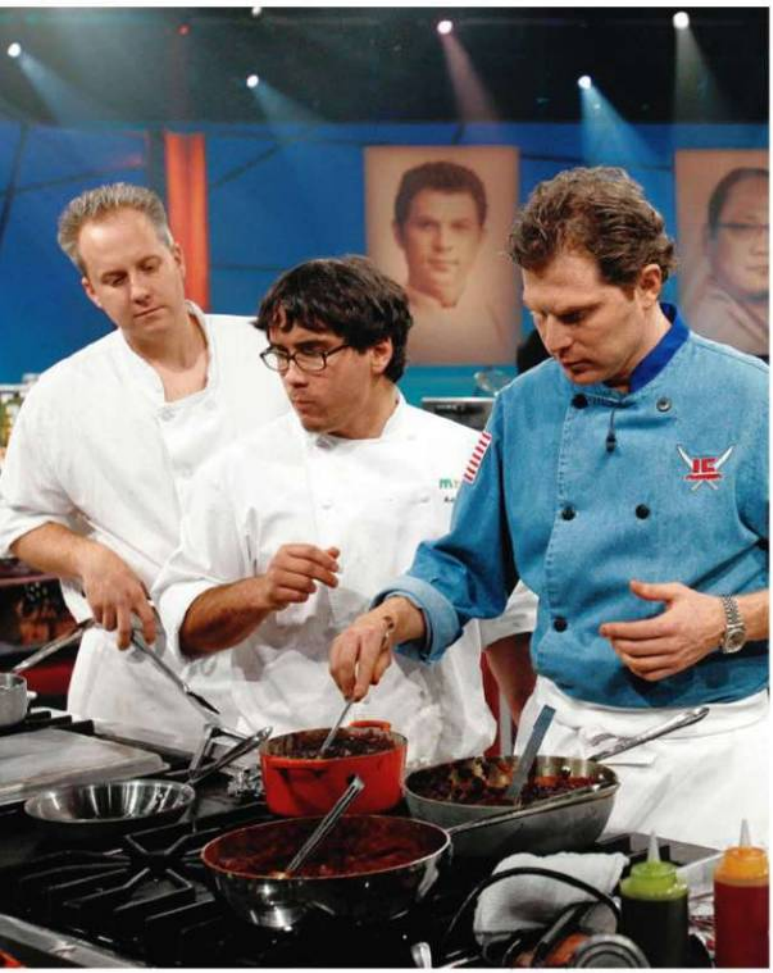

BOBBY FLAY

The battle: Buffalo (January 2005)
The feat: Braised buffalo in record time

When you compete as often as Bobby Flay does (he's cooked in nearly 50 battles to date), it's easy to fall into a pattern. So he pushes himself to do something different every time, even if that means packing two time-consuming dishes—like ribs and loin—onto one plate, as he did during Battle Buffalo. To make the ribs fall off the bone in less than 60 minutes, Flay boiled, deep-fried and braised them. "I would never boil ribs unless I needed them to cook in a ridiculously short amount of time, which is what I have on *Iron Chef*," he says. The method worked perfectly, and Flay's tender ribs helped him pull off a victory against Chicago chef Rick Bayless. "You have to take a risk," Flay says, "even when your conscience is telling you to play it safe."

Flay went big with the theme and paired his buffalo duo with Native American fry bread.

NATIVE AMERICAN BUFFALO PLATE

ACTIVE: 1 hr 15 min | TOTAL: 1 hr 25 min | SERVES: 4

This time is for normal cooks. Flay, of course, finished by the 60-minute cutoff.

FOR THE RIBS
- 4 cups canola oil
- Kosher salt
- 3 cups chicken stock
- 1 rack bison back ribs (about 2 pounds), cut into 8 ribs
- Freshly ground pepper
- 1 9.7-ounce jar Mesa Grill Barbecue Sauce (*available at bobbyflay.com*)

FOR THE LOIN
- 1 pound bison loin, trimmed
- Kosher salt and freshly ground pepper
- 2 to 4 tablespoons Bobby Flay Steak Rub (*available at bobbyflay.com*)
- 2 tablespoons canola oil
- Green and red chile sauces (at right)
- Cilantro leaves, for garnish (optional)

Hope you have a big freezer: You'll need to order a whole loin and a full rack of ribs for this dish!

1. Make the ribs: Heat the canola oil in a large saucepan over high heat until a deep-fry thermometer registers 370°. Meanwhile, bring a large pot of salted water to a boil over high heat. Bring the chicken stock to a simmer in a medium saucepan over medium heat. Preheat the oven to 450°. Line a baking sheet with paper towels.

2. Put the ribs in the boiling water and cook 10 minutes. Transfer to the paper towel-lined baking sheet to drain for a few seconds. Season both sides of the ribs with salt and pepper, then fry in the hot oil, in batches if necessary, until golden brown, about 5 minutes.

3. Pour the hot chicken stock into a small roasting pan and whisk in a few tablespoons of the barbecue sauce. Add the ribs and brush them with more of the barbecue sauce. Transfer to the oven and cook until fall-off-the-bone tender, 30 to 40 minutes, brushing with more sauce every 5 minutes or so.

4. Meanwhile, make the bison loin: Season both sides of the loin with salt and pepper and coat one side with the steak rub.

5. Heat the canola oil in a medium ovenproof skillet over high heat until it begins to shimmer. Sear the loin, rub-side down, until golden brown, about 2 minutes. Flip and cook 1 more minute. Transfer the skillet to the oven and cook until a thermometer inserted into the center registers 130° for medium rare, about 20 minutes. Transfer to a cutting board and let rest 5 minutes before slicing into 4 thick pieces.

6. Ladle some of the green and red chile sauces side by side on a large dinner plate; top with 1 slice of the loin. Stack 2 ribs on the other side of the plate. Garnish the loin with cilantro, if desired.

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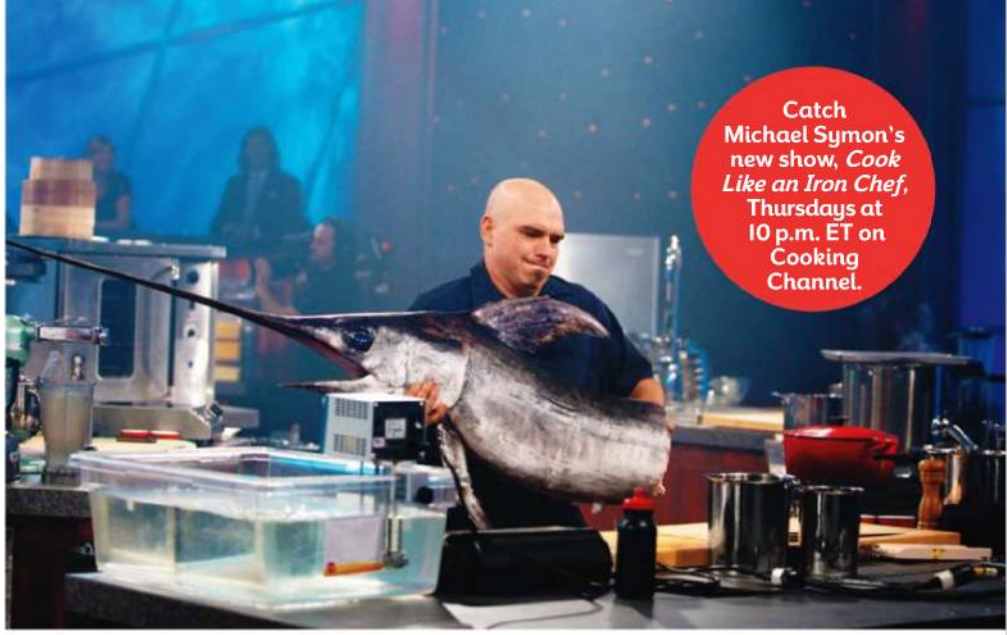

Catch Michael Symon's new show, *Cook Like an Iron Chef*, Thursdays at 10 p.m. ET on Cooking Channel.

At one point during this battle, Flay had four sauces cooking at the same time.

GREEN CHILE SAUCE

ACTIVE: 15 min | TOTAL: 35 min
MAKES: 2½ cups

- 2 poblano peppers, stemmed, seeded and coarsely chopped
- 7 small tomatillos, husked and scrubbed (about ¾ pound)
- 1 jalapeño pepper, chopped
- 1 small red onion, chopped
- 3 cloves garlic, unpeeled
- 3 tablespoons canola oil
- Kosher salt and freshly ground pepper
- ½ cup chopped fresh cilantro
- 1 tablespoon honey

1. Preheat the oven to 400°. Toss the poblanos, tomatillos, jalapeño, onion, garlic and canola oil on a baking sheet and season with salt and pepper. Roast, turning once, until the vegetables are golden brown and soft, about 20 minutes.
2. Let the vegetables cool slightly, then peel the garlic. Transfer the vegetables to a food processor, add the cilantro and process until smooth (add water to adjust the consistency, if necessary). Add the honey and more salt and pepper, if needed.

RED CHILE SAUCE

ACTIVE: 35 min | TOTAL: 35 min
MAKES: 2½ cups

- 3 tablespoons canola oil
- 1 medium Spanish onion, coarsely chopped
- 3 cloves garlic, coarsely chopped
- 3 tablespoons ancho chile powder
- 1½ teaspoons ground cumin
- 1 28-ounce can whole plum tomatoes, pureed with their juices
- Kosher salt and freshly ground pepper
- 1 tablespoon honey

1. Heat the canola oil in a medium saucepan over high heat. Add the onion and cook until soft, about 4 minutes. Add the garlic and cook 30 seconds. Stir in the chile powder and cumin and cook 30 more seconds.
2. Add the tomatoes, season with salt and pepper and cook over medium-high heat, stirring, until reduced to a sauce-like consistency, about 25 minutes. Transfer to a food processor and puree (add water if necessary). Add the honey and more salt and pepper, if needed.

MICHAEL SYMON

The battle: Swordfish (November 2007)
The feat: Swordfish collar

Every second counts when you have one hour to prepare five courses. Michael Symon learned this quickly when he was a contestant on the first season of *The Next Iron Chef*. During the season finale against John Besh, Symon decided to make this labor-intensive dish, which requires tons of chopping. He stayed focused, and it worked: The dish helped him win the battle and take his place among the other Iron Chefs. "Don't get distracted," Symon advises this year's contenders. "Keep your head down and cook your food!"

BRAISED SWORDFISH COLLAR WITH CHORIZO AND CLAMS

ACTIVE: 45 min | TOTAL: 45 min | SERVES: 6

- 2 tablespoons extra-virgin olive oil
- 6 6-ounce pieces swordfish collar (or substitute loin)
- Kosher salt
- 1 yellow onion, minced
- 2 cloves garlic, minced
- 1 bulb fennel, diced
- 1 serrano chile pepper, minced
- 1 carrot, diced
- ½ pound smoked chorizo, thinly sliced
- ½ cup dry sherry
- 1 12-ounce can whole peeled tomatoes
- 1 small pinch saffron
- 1 cup chicken stock
- 1½ pounds littleneck clams (about 24), scrubbed
- 2 tablespoons chopped pitted kalamata olives
- 3 tablespoons chopped fresh parsley
- 3 tablespoons sliced fresh basil
- Grilled bread, for serving

Symon had to butcher the whole fish just to get the rich fatty collar cut.

1. Heat the olive oil in a 7-to-8-quart enameled cast-iron Dutch oven over medium-high heat. Season the fish with salt, then cook until browned, about 2 minutes per side. Transfer to a plate. Add the onion, garlic, fennel, chile pepper and carrot to the pot; reduce the heat to medium and sweat the vegetables, about 2 minutes. Add the chorizo and cook until browned, about 2 more minutes. Add the sherry and bring to a simmer, scraping up any browned bits from the bottom of the pot with a wooden spoon.
2. Crush the tomatoes with your hands and add to the pot with their juices. Add the saffron, chicken stock and clams and bring to a simmer. Cover and cook until the clams just begin to open, about 3 minutes. Add the swordfish to the pot and simmer, covered, until the swordfish is cooked through and the clams open, about 7 more minutes. (Discard any clams that do not open.) Stir in the olives, parsley and basil. Serve with grilled bread.

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MARIO BATALI

The battle: Parmigiano-Reggiano (September 2007)
The feat: Pasta in a flaming wheel of parmigiano-reggiano

During one of the most memorable battles in *Iron Chef America* history, Mario Batali defeated New York City chef Andrew Carmellini with this spectacle of a dish: fettuccine served from a hollowed-out half-wheel of cheese, which he doused with grappa and lit on fire so the cheese would melt into the pasta. After the alcohol burned off, he whisked the mixture to create a smooth serving "bowl" for his fresh spinach pasta. As if that weren't enough, Batali finished the dish with shavings from what judge Art Smith called "the largest white truffle ever put on television." Clearly, the dish made an impression, which was precisely Batali's plan. "Half of your success depends on the dramatic presentation," he says.

SPINACH FETTUCCINE WITH PARMIGIANO-REGGIANO

ACTIVE: 1 hr 15 min | TOTAL: 1 hr 45 min | SERVES: 6

FOR THE PASTA
Kosher salt
6 ounces baby spinach, trimmed (about 8 cups)
2½ cups all-purpose flour, plus more for dusting
3 large eggs
¼ cup freshly grated parmigiano-reggiano cheese
Semolina flour, for dusting

FOR THE SAUCE
2 tablespoons extra-virgin olive oil
4 ounces guanciale (cured pork jowls), cut into thin matchsticks or strips
1 large Spanish onion, chopped
3 large egg yolks, beaten
2 cups freshly grated parmigiano-reggiano cheese, plus more for garnish
Very thinly shaved fresh white truffle, for garnish

The large white truffle Batali shaved onto this dish would cost you about $750.

1. Make the pasta: Bring 3 quarts of water to a boil in a large pot and add 1 tablespoon salt. Set up an ice bath next to the stove. Blanch the spinach in the boiling water, about 2 minutes, then remove with tongs or a slotted spoon and plunge into the ice bath to cool. Drain the spinach and squeeze dry in a kitchen towel, removing as much moisture as possible. Set aside.

2. Combine the flour and spinach in a food processor and process until evenly green. With the motor running, add the eggs and cheese and process until the dough forms a ball around the blade. Continue to process until smooth, about 20 more seconds.

3. Dust a large board with flour; turn the dough out onto the board and knead a few times by hand. The dough should be elastic. Wrap in plastic wrap and let rest about 30 minutes at room temperature.

4. Cut the dough into 4 pieces. Wrap 3 of them in plastic wrap or cover with a slightly damp towel. Flour the board; roll out 1 piece of dough with a floured rolling pin into a 10-by-14-inch rectangle, about ⅛-inch thick. Brush the dough lightly with flour, then roll up and cut into ½-inch-wide strips using a sharp knife. Place the pasta in nests on a sheet tray that has been dusted with semolina flour. Cover with a clean dish towel and set aside at room temperature. Repeat with the remaining pieces of dough.

5. Bring a large pot of salted water to a boil. Make the sauce: Heat the olive oil in an extra-large skillet over medium heat. Scatter in the guanciale and cook until the fat is rendered and the guanciale is crisp in spots, about 3 minutes. Remove the guanciale and drain on paper towels; remove all but about ¼ cup drippings from the skillet. Add the onion and cook until soft, 10 to 12 minutes. Return the guanciale to the skillet.

6. When the onion is almost soft, shake any excess flour from the pasta and add to the boiling water. Cook until al dente, stirring constantly, about 3 minutes once the water returns to a boil. Remove with tongs or a spider and add to the skillet. Add about 1 cup pasta water to the skillet and toss to coat. Remove from the heat.

7. In a small bowl, temper the egg yolks with 3 tablespoons warm pasta water, then pour over the pasta, tossing to make a creamy sauce. Sprinkle with the cheese and toss again, adding more pasta water as needed. Garnish with more cheese and shaved white truffle.

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CAT CORA

The battle: Eggplant (March 2006)
The feat: Eggplant soup with curry-flavored cotton candy
Just like when she cooks for her family, Cat Cora says she starts off each battle by thinking, "What do I feel like tonight? Mexican, Indian, Italian...?" Then she picks a cuisine and runs with it, carrying it through the whole meal. For Battle Eggplant, when she competed against Los Angeles chefs Jon Shook and Vinny Dotolo, Cora stuck to a Mediterranean theme but surprised judges with twists like cotton candy for the top of this soup. "It went *vooooooop!* and melted right in," she says.

CHARRED EGGPLANT SOUP

ACTIVE: 20 min | TOTAL: 1 hr 25 min (plus cooling) | SERVES: 4 to 6

- 2 tablespoons extra-virgin olive oil, plus more for brushing
- 2 large eggplants, quartered lengthwise
- Kosher salt
- 2 large tomatoes, quartered
- 1 medium onion, sliced ½ inch thick
- 6 cloves garlic
- Freshly ground pepper
- 5 cups chicken stock, plus more if needed
- 1 tablespoon chopped fresh thyme
- 1 tablespoon chopped fresh cilantro
- Espelette chile powder, to taste
- Fennel fronds, for garnish
- Vanilla-Curry Cotton Candy, for serving (see below)

1. Preheat the oven to 450°. Brush 2 rimmed baking sheets with olive oil. Put the eggplants, flesh-side down, on one of the baking sheets, drizzle with 1 tablespoon olive oil and season with salt. Toss the tomatoes, onion and garlic with the remaining 1 tablespoon olive oil on the other baking sheet (don't crowd the pans or the vegetables will steam). Season with salt and pepper. Roast the vegetables until tender and browned in spots, about 45 minutes, rotating the baking sheets halfway through.
2. Scoop the eggplant flesh from the skin into a saucepan, discarding any excess seeds. Add the remaining roasted vegetables, the chicken stock, thyme and cilantro and bring to a boil over medium-high heat. Reduce the heat to low and simmer about 20 minutes. Cool slightly.
3. Puree the soup in a blender (in batches if necessary) until smooth. Return the soup to the saucepan and thin with more stock, if needed. Season with salt, pepper and chile powder. Ladle into bowls and garnish with fennel fronds; slide the cotton candy into the soup to serve.

VANILLA-CURRY COTTON CANDY

ACTIVE: 10 min | TOTAL: 40 min | SERVES: 4 to 6

- 6 tablespoons granulated sugar (or pink cotton-candy sugar)
- 1 vanilla bean, split lengthwise
- 1½ teaspoons curry powder

1. Mix the sugar and vanilla bean in a bowl; set aside about 30 minutes.
2. Preheat a cotton-candy machine according to the manufacturer's instructions, at least 5 minutes. Turn off the cotton-candy machine, pour the sugar mixture into the center and turn on the machine. When it starts to spin cotton candy, hold a paper cone in the middle, perpendicular to the machine, and move it around the edges to accumulate the cotton candy on the cone. Sprinkle with the curry powder.

This was the first time a chef used a cotton-candy machine in Kitchen Stadium.

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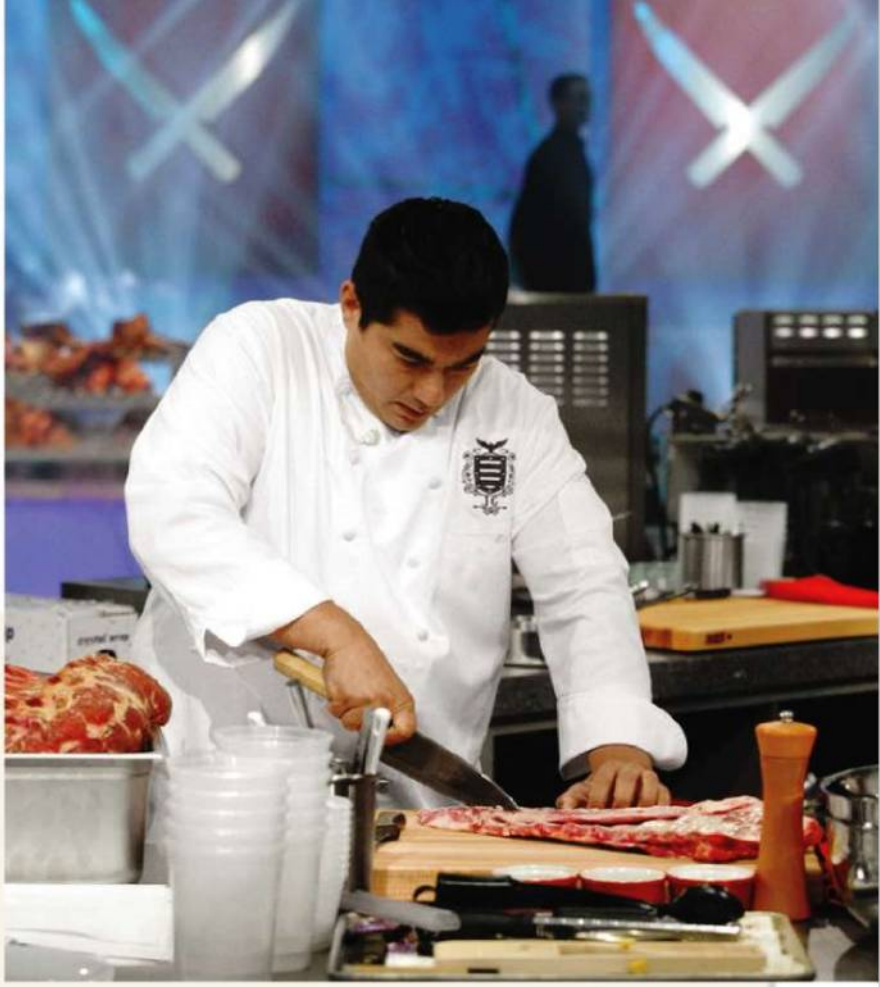
JOSE GARCES

The battle: Ribs and Racks (November 2009)
The feat: German-inspired food from a Latin chef

Just a year ago, Jose Garces was competing as a finalist on *The Next Iron Chef*. Going into the finale, he knew the judges were expecting him to stay true to his roots in Asian and Latin cooking, so he threw them for a loop with this perfectly executed dish, inspired by the flavors of Germany. The gamble paid off: Garces won the challenge against Jehangir Mehta and became the newest Iron Chef. "Sticking to your strengths is good, but you can't be afraid to go outside your comfort zone," he says. "The judges are definitely looking for that."



OVEN-ROASTED PORK LOIN WITH CHANTERELLE-MUSTARD SAUCE

ACTIVE: 50 min | TOTAL: 1 hr 40 min | SERVES: 6

Garces miraculously finished this dish plus four others in less than an hour!

FOR THE PORK

- 1 tablespoon minced fresh thyme
- 1 tablespoon minced fresh rosemary
- 1 to 2 cloves garlic, minced
- 2 tablespoons whole-grain mustard
- 2 tablespoons vegetable oil
- Kosher salt and freshly ground pepper
- 1 3-pound boneless pork loin roast

FOR THE SAUCE

- 6 ounces (about 3 cups) chanterelle mushrooms, stems trimmed, halved if large
- 2 tablespoons minced shallots
- ¼ cup cognac or other brandy
- 1½ cups chicken stock
- 1 tablespoon dijon mustard
- 1 teaspoon fresh thyme
- 2 tablespoons heavy cream
- 1 tablespoon unsalted butter
- 1 tablespoon minced fresh parsley
- Kosher salt and freshly ground pepper
- Potato salad and cabbage (at right), for serving

1. Preheat the oven to 425°. Prepare the pork: Whisk the thyme, rosemary, garlic, mustard and vegetable oil until emulsified. Season with salt and pepper.
2. Rub the pork liberally with the herb-mustard mixture, then place fat-side up on a rack set inside a heavy-bottomed roasting pan. Roast until the pork is caramelized and a thermometer inserted into the center registers 145°, 55 to 60 minutes. Transfer to a cutting board and let rest 10 minutes.
3. Meanwhile, make the sauce: Pour off all but 2 tablespoons drippings from the roasting pan, then heat on the stove over medium heat. Add the mushrooms and cook until caramelized, 6 to 8 minutes. Add the shallots and cook until translucent, about 2 more minutes. Remove the pan from the heat and add the cognac, then return to the heat and scrape up any browned bits from the bottom of the pan with a wooden spoon. Simmer until almost all of the liquid has evaporated. Whisk in the stock, mustard and thyme. Bring to a boil and cook until reduced by half, 8 to 10 minutes. Add the cream and butter and gently boil until thickened. Add the parsley and salt and pepper to taste.
4. Slice the pork into 12 pieces and drizzle with the sauce. Serve with the potato salad and cabbage.

GERMAN POTATO SALAD

ACTIVE: 35 min | TOTAL: 35 min | SERVES: 4

Garces didn't use a jar of mayo like the rest of us—he had to make his own!

FOR THE MAYONNAISE

- 2 large egg yolks
- 2 tablespoons fresh lemon juice
- Kosher salt
- ¾ cup vegetable oil

FOR THE SALAD

- 2 ½-ounce strips slab bacon
- 1 pound red bliss potatoes
- Kosher salt
- 2 tablespoons capers, chopped
- 2 tablespoons apple cider vinegar
- 2 tablespoons minced fresh chives
- Freshly ground pepper

1. Make the mayonnaise: Whisk the egg yolks, lemon juice and 1 teaspoon salt in a bowl until frothy. Slowly drizzle in the vegetable oil, whisking constantly until completely emulsified.
2. Make the potato salad: Cook the bacon in a skillet until crisp. Transfer to a paper towel–lined plate to cool, then chop into small bits.
3. Slice the potatoes ¼ inch thick; transfer to a pot, cover with water and lightly season with salt. Bring to a simmer over medium heat and cook until just fork tender, 8 to 10 minutes. Drain well.
4. Combine the bacon, capers, vinegar and chives in a large bowl. Add ¼ cup mayonnaise (reserve the rest for another use). Gently fold in the warm potatoes and season with salt and pepper.

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Danger! During the competition, Garces sliced his garlic on a mandoline.

BRAISED RED CABBAGE

ACTIVE: 50 min | TOTAL: 50 min | SERVES: 4

1 ounce slab bacon, diced
½ cup julienned red onion (about ½ onion)
3 cloves garlic, thinly sliced
6 cups shredded red cabbage (½ small head)
1 cup red wine vinegar
½ cup fresh orange juice
1 Granny Smith apple, julienned
Kosher salt and freshly ground pepper

1. Cook the bacon in a Dutch oven over medium heat until just crisp. Add the onion and garlic and sweat until translucent, 8 to 10 minutes. Add the cabbage and stir to coat in the rendered bacon fat. Add the vinegar, reduce the heat to low and simmer until the liquid is reduced by three-quarters and the cabbage is tender, about 12 minutes. Add the orange juice and cook until reduced by half, about 5 more minutes.
2. Remove the cabbage from the heat and fold in the apple. Season with salt and pepper. Serve hot.

MASAHARU MORIMOTO

The battle: Asparagus (October 2005)
The feat: Asparagus ice cream

As the longest-standing Iron Chef, Morimoto is all too familiar with the quirks of Kitchen Stadium (he was a regular on the original Japanese TV series *Iron Chef*). So before battle, he does a lap around the kitchen to make sure everything's in working order. "Check all of the equipment—especially the appliances," he says. Without worrying about his machines breaking down, the chef can whip up winning dishes like this asparagus ice cream, which he made during Battle Asparagus years ago against Michael Symon, before Symon joined him as an Iron Chef.

The ice cream wasn't enough—Morimoto paired it with blast-chilled, chocolate-dipped pressure-cooked asparagus served in iced rum.

ASPARAGUS ICE CREAM

ACTIVE: 25 min | TOTAL: 40 min (plus freezing)
MAKES: 1 pint

2 pounds asparagus
Kosher salt
6 large egg yolks
¼ to ½ cup sugar
1½ cups whole milk
¼ cup heavy cream

1. Cut the top 2 to 3 inches from each asparagus stalk; reserve the bottoms for another use.
2. Fill a large bowl with ice water. Bring a pot of salted water to a boil. Add the asparagus tops and cook until bright green, 2 to 3 minutes. Drain and plunge into the ice water, then drain well and transfer to a blender; set aside.
3. Whisk the egg yolks and sugar in a medium bowl. Heat the milk and cream in a saucepan over medium heat until it just boils. Remove from the heat and gradually add the yolk mixture, whisking constantly. Return the pan to the heat and cook, stirring constantly with a wooden spoon, until the custard is thick enough to coat the spoon and a thermometer registers 170°, about 10 minutes (do not let the custard boil).
4. Transfer the custard to the blender with the asparagus and puree until smooth, 1 to 2 minutes. Cool completely, then strain through a fine-mesh strainer.
5. Freeze the asparagus custard in an ice cream maker according to the manufacturer's instructions. Use two spoons to shape the ice cream into quenelles (oval-shaped scoops).

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The Contenders

Check out this year's crop of hopefuls on *The Next Iron Chef* and see if you can guess who will win the title.

See how the chefs fare when *The Next Iron Chef* premieres October 3 at 9 p.m. ET.

Ming Tsai
Wellesley, MA
Restaurant:
Blue Ginger
Culinary focus:
East-West fusion
Ideal secret ingredient:
Wonton skins
Competitive edge:
His celebrity. He has run his own restaurant for 12 years and has already hosted shows on Food Network (*Ming's Quest* and *East Meets West*) and on PBS (*Simply Ming*). And he beat Bobby Flay in an Iron Chef duck battle.

Andrew Kirschner
Santa Monica
Restaurant:
Wilshire Restaurant
Culinary focus:
Rustic international
Ideal secret ingredient:
Duck
Competitive edge:
His playfulness. Kirschner says he doesn't take himself too seriously; this should keep him relaxed when he faces tough ingredients like ostrich and sardines.

Duskie Estes
Sonoma County, CA
Restaurants: Bovolo, Zazu Restaurant & Farm
Culinary focus:
Meat-centric California cuisine
Ideal secret ingredient:
Artichokes
Competitive edge:
Her butchering skills. Iron Chefs are often presented with whole animals, and as the owner of an artisanal bacon business (Black Pig Meat Co.), Estes might have a leg up.

Marc Forgione
New York City
Restaurant:
Marc Forgione
Culinary focus:
New American
Ideal secret ingredient:
Baby halibut
Competitive edge:
His pedigree. Forgione practically grew up in his dad's restaurant, An American Place—often called one of the most influential American restaurants of all time.

Celina Tio
Kansas City, MO
Restaurant:
Julian
Culinary focus:
Comfort food
Ideal secret ingredient:
Corn
Competitive edge:
Her likability. Tio's Midwestern fare is easy to love: Her restaurant menu includes refined versions of crowd-pleasers like soft pretzels and mac and cheese.

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Mary Dumont
Cambridge, MA
Restaurant:
Harvest
Culinary focus:
Seasonal American
Ideal secret ingredient:
Scallops
Competitive edge:
Her adaptability. Dumont took over 35-year-old Harvest and won acclaim for reinvigorating the kitchen, so she should be able to hold her own in Kitchen Stadium.

Mario Pagan
San Juan, PR
Restaurants:
Chayote, Lemongrass
Culinary focus:
Pan-Asian/Latin
Ideal secret ingredient:
Sweet peas
Competitive edge:
His range. Pagan's dishes incorporate Asian, American, French and Latin ingredients and cooking styles; his understanding of world cuisine will come in handy for internationally themed challenges.

Marco Canora
New York City
Restaurants:
Hearth, Terroir
Culinary focus:
Seasonal Italian
Ideal secret ingredient:
Rabbit
Competitive edge:
His reputation. Canora is highly respected by other New York City chefs, who are as tough to please as any judges he'll face.

Maneet Chauhan
Chicago and New York City
Restaurants:
Vermillion, Chicago; At Vermillion, New York City
Culinary focus:
Latin-Indian fusion
Ideal secret ingredient:
Mangoes
Competitive edge:
Her heritage. The Chairman loves Iron Chefs with exotic cooking styles, and Chauhan's Indian background would make for some interesting battles.

Bryan Caswell
Houston
Restaurants:
Little Bigs (two locations), Reef, Stella Sola
Culinary focus: Southern-style seafood
Ideal secret ingredient:
Amberjack (a fish similar to tuna)
Competitive edge:
His breadth. Caswell owns more restaurants than any other contestant, just like last year's winner, Jose Garces.

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Weeknight Cooking

Try these quick dinners from **Food Network Kitchens,** plus easy sides to match.

PHOTOGRAPHS BY **ANTONIS ACHILLEOS**

Dress up store-bought ravioli with walnuts and sage. See page 106.

FOOD STYLING: JAMIE KIMM; PROP STYLING: MARINA MALCHIN.

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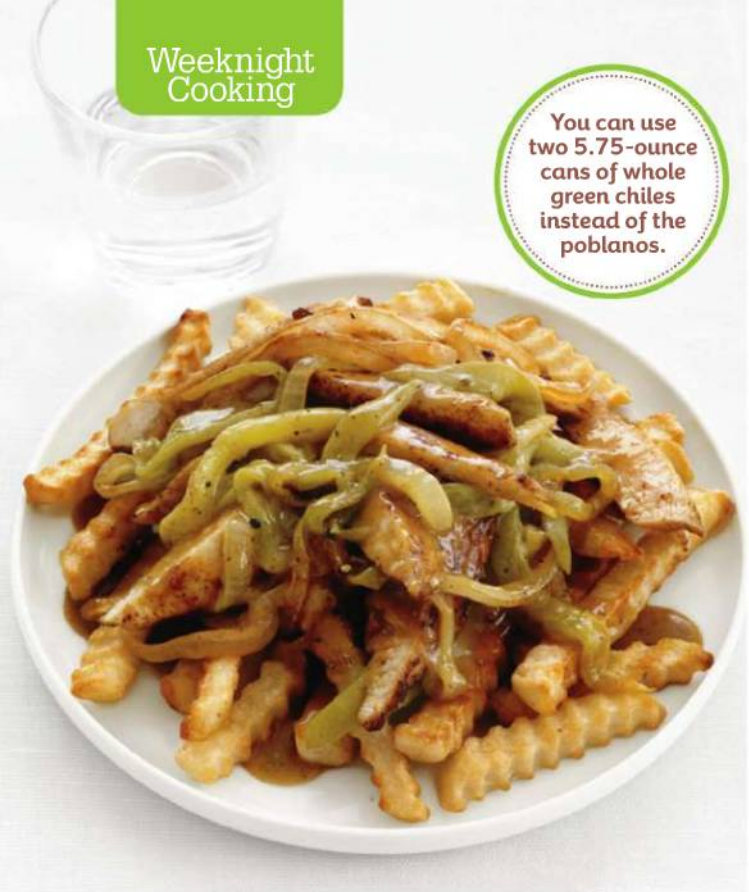
You can use two 5.75-ounce cans of whole green chiles instead of the poblanos.



CHILE CHICKEN WITH FRIES

ACTIVE: 35 min | TOTAL: 35 min | SERVES: 4

¾ pound poblano peppers, halved lengthwise and seeded
1 pound thin chicken cutlets
2 teaspoons chili powder
Kosher salt
3 tablespoons extra-virgin olive oil
1 large white onion, sliced into ¼-inch-thick rings
2 cloves garlic, minced
1 1-pound bag frozen french fries
¾ cup heavy cream
Lime wedges, for serving (optional)

1. Preheat the broiler. Put the poblanos skin-side up on a foil-lined broiler pan; broil until charred, about 5 minutes. Transfer to a bowl, cover and let sit about 5 minutes. Peel and cut into ½-inch strips.
2. Rub both sides of the chicken with the chili powder and salt to taste. Heat 2 tablespoons olive oil in a skillet over medium-high heat. Working in batches, cook the chicken until browned, about 30 seconds per side. Transfer to a plate. Add the remaining 1 tablespoon olive oil to the skillet, then cook the onion until softened and browned, about 5 minutes. Reduce the heat to medium and add the poblanos and garlic. Cover and cook 5 minutes.
3. Meanwhile, cook the fries as the label directs.
4. Cut the chicken into ½-inch strips and add to the skillet along with the cream. Cook, uncovered, until the chicken is cooked through and the sauce thickens, about 5 minutes. Divide the fries among plates and spoon the chicken and sauce on top. Serve with lime wedges, if desired.

Per serving: Calories 761; Fat 48 g (Saturated 17 g); Cholesterol 127 mg; Sodium 474 mg; Carbohydrate 50 g; Fiber 5 g; Protein 32 g

WESTERN SKILLET EGGS

ACTIVE: 25 min | TOTAL: 40 min | SERVES: 4

½ cup half-and-half or whole milk
Pinch of cayenne pepper
Kosher salt and freshly ground black pepper
2 tablespoons extra-virgin olive oil
2 shallots, sliced
2 large green bell peppers, seeded and cut into ½-inch strips
1½ cups cherry tomatoes, halved
¼ pound thinly sliced ham, cut into 1-inch pieces
4 slices sourdough bread, torn into pieces (about 2 cups)
2 tablespoons chopped fresh parsley, plus more for topping
8 large eggs

1. Position a rack in the upper third of the oven and preheat to 350°. Whisk the half-and-half, cayenne, ½ teaspoon salt, and black pepper to taste in a small bowl.
2. Heat the olive oil in a large ovenproof skillet over medium-high heat. Add the shallots and cook until just softened, 1 to 2 minutes. Add the bell peppers; cook until the peppers are soft and the shallots are golden, 5 to 6 more minutes. Add the tomatoes, ham, bread, parsley and ¼ cup water and cook until most of the liquid is absorbed, about 3 minutes. Season with salt and black pepper. Remove from the heat.
3. Make 8 evenly spaced indentations in the bread mixture with the bottom of a ladle or small measuring cup. Crack an egg into each indentation. Slowly pour the half-and-half mixture over the eggs. Bake, rotating the skillet a few times, until the whites are set, about 15 minutes. Top with parsley.

Per serving: Calories 469; Fat 20 g (Saturated 6 g); Cholesterol 382 mg; Sodium 945 mg; Carbohydrate 43 g; Fiber 3 g; Protein 26 g

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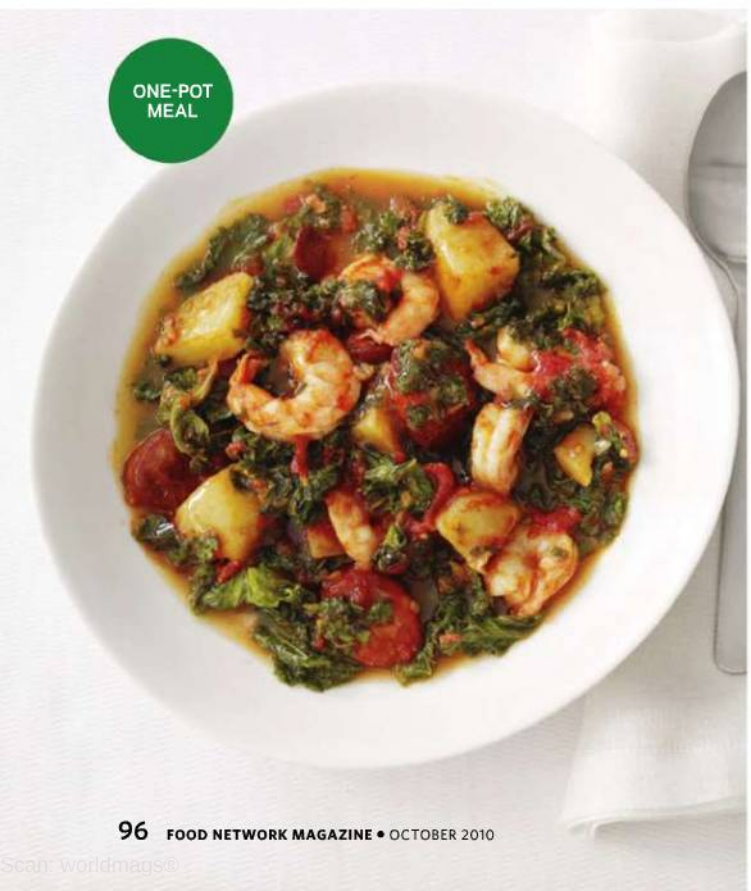
SHRIMP AND CHORIZO STEW

ACTIVE: 40 min | TOTAL: 40 min | SERVES: 4

¼ cup extra-virgin olive oil
1 large Spanish onion, diced
4 cloves garlic, smashed
4 ounces Spanish chorizo, casings removed, sliced
2 teaspoons smoked paprika (hot or sweet)
Kosher salt
1 cup canned whole plum tomatoes, roughly chopped, plus ½ cup juice from the can
2 bay leaves
¼ teaspoon dried thyme
¼ teaspoon dried oregano
1 pound russet potatoes, peeled and cut into 1-inch chunks
1 bunch kale, stems removed and leaves roughly chopped
1 pound medium shrimp, peeled and deveined

1. Heat the olive oil in a small Dutch oven over medium heat. Add the onion and garlic and cook until golden brown, about 15 minutes. Add the chorizo, paprika and 1 teaspoon salt and cook until the oil turns deep red, about 2 minutes. Add the chopped tomatoes (reserve the juice), the bay leaves, thyme and oregano and cook 1 more minute.
2. Add the potatoes, 2 cups water, the tomato juice and 1 teaspoon salt. Bring to a boil, then reduce the heat, cover and simmer until the potatoes are almost tender, about 15 minutes. Add the kale and cook until the potatoes and kale are tender, about 10 more minutes. Stir in the shrimp and simmer just until they curl and turn pink, about 3 minutes. Discard the bay leaves. Ladle the stew into bowls.

Per serving: Calories 576; Fat 27 g (Saturated 7 g); Cholesterol 246 mg; Sodium 1,652 mg; Carbohydrate 46 g; Fiber 6 g; Protein 38 g



STEAK WITH PARMESAN SPINACH

ACTIVE: 35 min | TOTAL: 35 min | SERVES: 4

1½ pounds flank steak
Extra-virgin olive oil, for brushing
Kosher salt and freshly ground pepper
1½ tablespoons unsalted butter
½ onion, finely chopped
1½ tablespoons all-purpose flour
1½ cups whole milk
2 10-ounce packages frozen chopped spinach, thawed and squeezed dry
¾ cup grated parmesan cheese
½ teaspoon grated lemon zest
¼ teaspoon freshly grated nutmeg

1. Heat a grill pan over medium-high heat. Pat the steak dry and brush lightly with olive oil. Season with 1½ teaspoons salt and 2 to 3 teaspoons pepper. Cook, turning once, 10 to 13 minutes total for medium rare. Transfer the steak to a cutting board to rest, about 10 minutes.
2. Meanwhile, melt the butter in a medium saucepan over medium heat. Add the onion and cook until softened, about 5 minutes. Add the flour and cook, stirring, 1 minute. Remove from the heat and gradually whisk in the milk. Return to medium heat and simmer, whisking, until slightly thickened, about 2 minutes.
3. Stir in the spinach, ¼ cup water, ½ cup parmesan, the lemon zest and nutmeg and cook, stirring occasionally, until the sauce thickens and the spinach is tender, about 10 minutes. Thin with water, if needed. Stir in the remaining ¼ cup parmesan and salt to taste.
4. Thinly slice the steak and serve with the spinach.

Per serving: Calories 503; Fat 27 g (Saturated 14 g); Cholesterol 115 mg; Sodium 127 mg; Carbohydrate 13 g; Fiber 3 g; Protein 49 g

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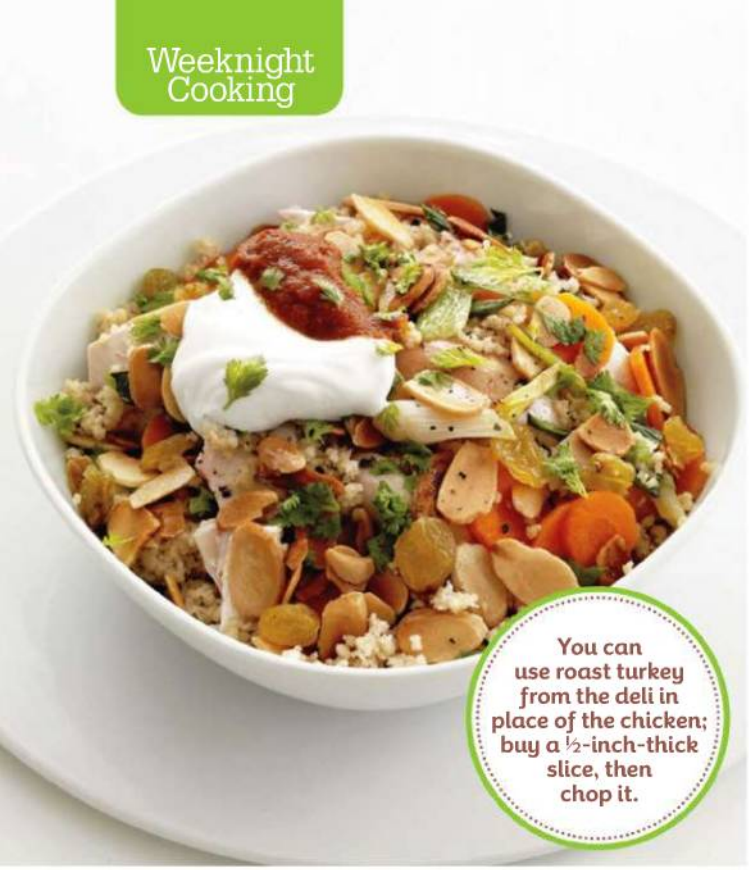

You can use roast turkey from the deli in place of the chicken; buy a ½-inch-thick slice, then chop it.

SPICED COUSCOUS AND CHICKEN

ACTIVE: 30 min | TOTAL: 30 min | SERVES: 4

¾ teaspoon ground cinnamon
1 teaspoon ground ginger
Kosher salt and freshly ground pepper
4 medium carrots, thinly sliced
1 cup couscous, preferably whole wheat
2 cups coarsely shredded rotisserie chicken
3 tablespoons unsalted butter
½ cup sliced almonds
¼ cup golden raisins
4 scallions, white and light green parts only, roughly chopped
½ cup roughly chopped fresh cilantro, plus more for topping
Greek yogurt and/or harissa or other hot sauce, for topping

1. Bring 2½ cups water to a boil in medium saucepan over medium-high heat. Add ½ teaspoon cinnamon, the ginger, 1 teaspoon salt and ½ teaspoon pepper. Add the carrots and cook until crisp-tender, 3 to 4 minutes. Drain the carrots, reserving the cooking liquid.
2. Put the couscous and chicken in a medium bowl; pour 1 cup of the hot cooking liquid on top. Stir, then cover tightly with plastic wrap and let sit 5 minutes. Fluff the couscous with a fork.
3. Meanwhile, melt the butter in a medium skillet over medium-high heat. Add the almonds, raisins, scallions and the remaining ¼ teaspoon cinnamon. Cook, stirring, until the nuts are toasted, 2 to 3 minutes. Stir in the cilantro.
4. Divide the couscous and chicken among bowls. Top with the carrots and more of the cooking liquid. Sprinkle with the almond mixture and more cilantro. Top with yogurt and/or harissa.

Per serving: Calories 441; Fat 20 g (Saturated 7 g); Cholesterol 91 mg; Sodium 853 mg; Carbohydrate 42 g; Fiber 8 g; Protein 28 g

PORK TENDERLOIN WITH CABBAGE

ACTIVE: 30 min | TOTAL: 40 min | SERVES: 4

4 tablespoons unsalted butter
½ small head red cabbage, cored and thinly sliced
⅓ cup golden raisins
3 tablespoons red wine vinegar, plus more to taste
1 cup apple cider
½ teaspoon ground allspice
Kosher salt and freshly ground pepper
2 pork tenderloins (1¾ pounds total), halved crosswise
1 tablespoon extra-virgin olive oil
1½ cups low-sodium chicken broth
1 teaspoon all-purpose flour
2 tablespoons horseradish, drained

1. Preheat the oven to 400°. Melt 3 tablespoons butter in a pot over medium-high heat. Add the cabbage, raisins, vinegar, cider, ¼ teaspoon allspice and ½ teaspoon each salt and pepper; bring to a boil. Reduce the heat and simmer, covered, 20 minutes. Uncover and simmer until the liquid is almost gone. Add salt and more vinegar to taste.
2. Meanwhile, sprinkle the pork with the remaining ¼ teaspoon allspice, 1¼ teaspoons salt and ½ teaspoon pepper. Heat the olive oil in an ovenproof skillet over medium-high heat. Brown the pork on all sides, then transfer to a roasting pan (reserve the skillet) and roast until a thermometer inserted into the meat registers 145° to 150°, 10 to 15 minutes. Transfer to a cutting board.
3. Boil the broth in the skillet until reduced by one-third. Mix the flour and the remaining 1 tablespoon butter, whisk into the broth and boil 1 minute. Stir in the horseradish. Slice the pork; serve with the cabbage and sauce.

Per serving: Calories 496; Fat 22 g (Saturated 10 g); Cholesterol 168 mg; Sodium 208 mg; Carbohydrate 28 g; Fiber 4 g; Protein 46 g

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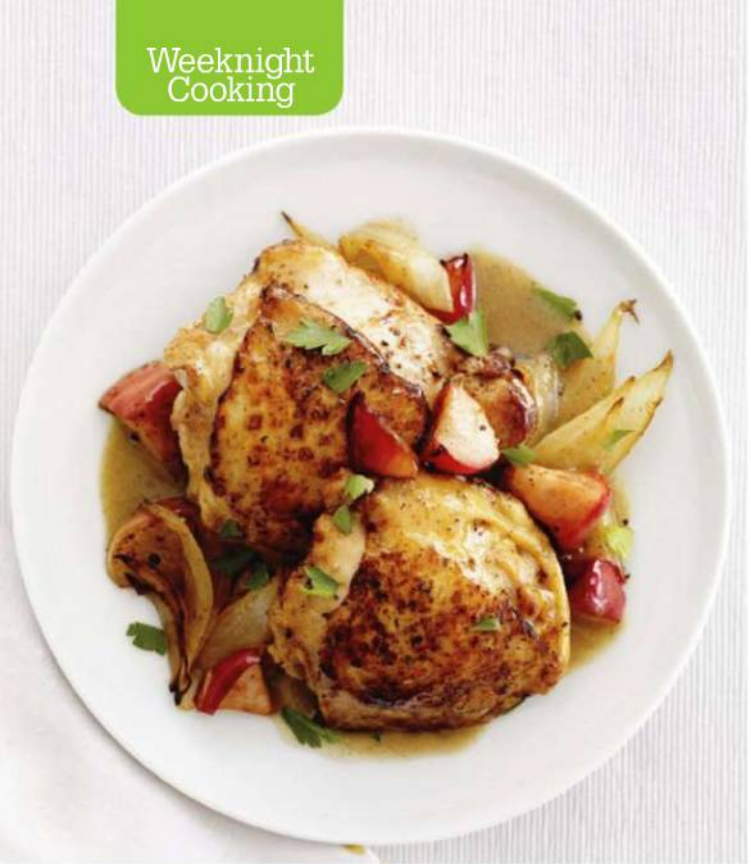

HONEY-MUSTARD CHICKEN AND APPLES

ACTIVE: 30 min | TOTAL: 40 min | SERVES: 4

8 skin-on, bone-in chicken thighs (2 to 2½ pounds)
Kosher salt and freshly ground pepper
2 tablespoons extra-virgin olive oil
1 large onion, cut into large chunks
2 cooking apples (such as Cortland), cut into chunks
1 cup low-sodium chicken broth
2 to 3 tablespoons honey mustard
1½ teaspoons unsalted butter, softened
1 tablespoon all-purpose flour
1 to 2 tablespoons roughly chopped fresh parsley

1. Preheat the oven to 450°. Season the chicken with salt and pepper. Heat the olive oil in a large ovenproof skillet over medium-high heat. Working in batches if necessary, add the chicken, skin-side down, and cook until golden, about 6 minutes. Flip and cook 2 to 3 more minutes, then transfer to a plate. Pour off all but 2 tablespoons of the drippings.
2. Add the onion and apples to the skillet and season with salt and pepper. Cook until slightly softened, about 4 minutes. Mix the broth with the mustard, then add to the skillet and bring to a boil. Arrange the chicken, skin-side up, in the skillet. Transfer to the oven and roast until the chicken is cooked through, 15 to 20 minutes.
3. Mix the butter and flour to form a paste. Use a slotted spoon to transfer the chicken, apples and onion to plates. Bring the pan juices to a simmer, whisk in about half of the butter-flour mixture and boil to thicken, 2 minutes. Continue to cook, adding more of the butter-flour mixture as needed to make a slightly thick gravy. Season with salt and pepper. Pour over the chicken and sprinkle with parsley.

Per serving: Calories 457; Fat 28 g (Saturated 7 g); Cholesterol 122 mg; Sodium 200 mg; Carbohydrate 18 g; Fiber 2 g; Protein 33 g

SLOW-COOKER SQUASH STEW

ACTIVE: 25 min | TOTAL: 35 min (plus 8-hr slow cooking) | SERVES: 4

3 tablespoons extra-virgin olive oil
1 medium onion, thinly sliced
2 cloves garlic, sliced
2 tablespoons tomato paste
¼ teaspoon red pepper flakes
1½ cups dried chickpeas, rinsed
1 pound butternut squash, peeled and cut into large pieces
1 bunch Swiss chard, leaves and stems separated and roughly chopped
1 piece parmesan cheese rind, plus grated parmesan for topping (optional)
Kosher salt and freshly ground pepper
Crusty bread and/or lemon wedges, for serving

1. Heat the olive oil in a large skillet over medium-high heat. Add the onion and garlic and cook until soft and golden brown, 4 to 5 minutes. Stir in the tomato paste and red pepper flakes and cook 1 minute. Stir in ½ cup water, scraping up any browned bits. Transfer the contents of the skillet to a 6-quart slow cooker.
2. Add the chickpeas, squash, chard stems (not the leaves), the parmesan rind, if using, 2 teaspoons salt and 7 cups water to the slow cooker. Stir, then cover and cook on low, 8 hours.
3. Just before serving, lift the lid and stir in the chard leaves; cover and continue cooking 10 more minutes. Season with salt and pepper, and stir to slightly break up the squash. Discard the parmesan rind, if used. Ladle the stew into bowls; top with the grated parmesan, if desired, and serve with bread and/or lemon wedges.

Per serving: Calories 428; Fat 15 g (Saturated 2 g); Cholesterol 0 mg; Sodium 1,250 mg; Carbohydrate 63 g; Fiber 17 g; Protein 18 g

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SAUSAGE-CAULIFLOWER SPAGHETTI

ACTIVE: 35 min | TOTAL: 35 min | SERVES: 4

Kosher salt
12 ounces spaghetti
3 tablespoons extra-virgin olive oil, plus more for drizzling
12 ounces sweet Italian turkey sausage, casings removed
6 cloves garlic, sliced
1 small head cauliflower, broken into small florets
1 bunch scallions, chopped
1 cup grated pecorino romano or parmesan cheese

1. Bring a large pot of salted water to a boil. Add the spaghetti and cook as the label directs. Reserve 2 cups cooking water, then drain.
2. Meanwhile, heat the olive oil in a large skillet over medium-high heat. Crumble the sausage into the skillet and cook, breaking it up with a wooden spoon, until lightly browned and no longer pink, 4 to 5 minutes. Clear a space in the pan, add the garlic and cook until just golden, 2 to 3 minutes. Add the cauliflower and cook until the edges are browned, about 2 minutes. Add 1 cup of the reserved cooking water, cover and reduce the heat to medium. Cook until the cauliflower is tender, about 8 more minutes. Uncover and boil over high heat until the liquid is almost evaporated, about 2 more minutes.
3. Add the spaghetti to the skillet along with the scallions. Drizzle with olive oil and season with salt. Toss for a minute or two to wilt the scallions and coat the pasta with the sauce, adding up to 1 cup cooking water, if needed, to loosen. Remove from the heat, sprinkle with the cheese and toss. Divide among shallow bowls and drizzle with more olive oil, if desired.

Per serving: Calories 703; Fat 31 g (Saturated 8 g); Cholesterol 81 mg; Sodium 1,085 mg; Carbohydrate 72 g; Fiber 6 g; Protein 41 g

PORK CHOPS WITH PINEAPPLE RELISH

ACTIVE: 35 min | TOTAL: 35 min | SERVES: 4

½ red onion, thinly sliced
2 cups chopped fresh pineapple
1 tablespoon fresh lime juice
2 teaspoons creamy peanut butter
2 teaspoons fish sauce
½ jalapeño pepper, minced (remove seeds for less heat)
½ English cucumber, thinly sliced
Kosher salt and freshly ground pepper
8 thin bone-in pork chops (2½ to 2¾ pounds)
3 tablespoons vegetable oil

1. Soak the onion in a bowl of cold water, about 10 minutes. Meanwhile, puree ¾ cup pineapple with the lime juice, peanut butter, fish sauce and jalapeño until smooth. Toss the cucumber and the remaining 1¼ cups pineapple in a bowl, then add the pureed pineapple dressing and toss to coat. Season with salt and pepper.
2. Pat the pork chops dry and season with salt and pepper. Heat a large skillet over high heat, then add 1 tablespoon vegetable oil. Lay 3 chops in the pan and sear until golden on one side, about 3 minutes; flip and finish cooking, 1 to 2 more minutes. Transfer the chops to a plate and loosely cover with foil. Repeat with the remaining chops, adding the remaining 2 tablespoons oil as necessary.
3. Drain the onion and add to the pineapple relish. Serve with the pork chops.

Per serving: Calories 618; Fat 39 g (Saturated 11 g); Cholesterol 165 mg; Sodium 390 mg; Carbohydrate 13 g; Fiber 2 g; Protein 52 g

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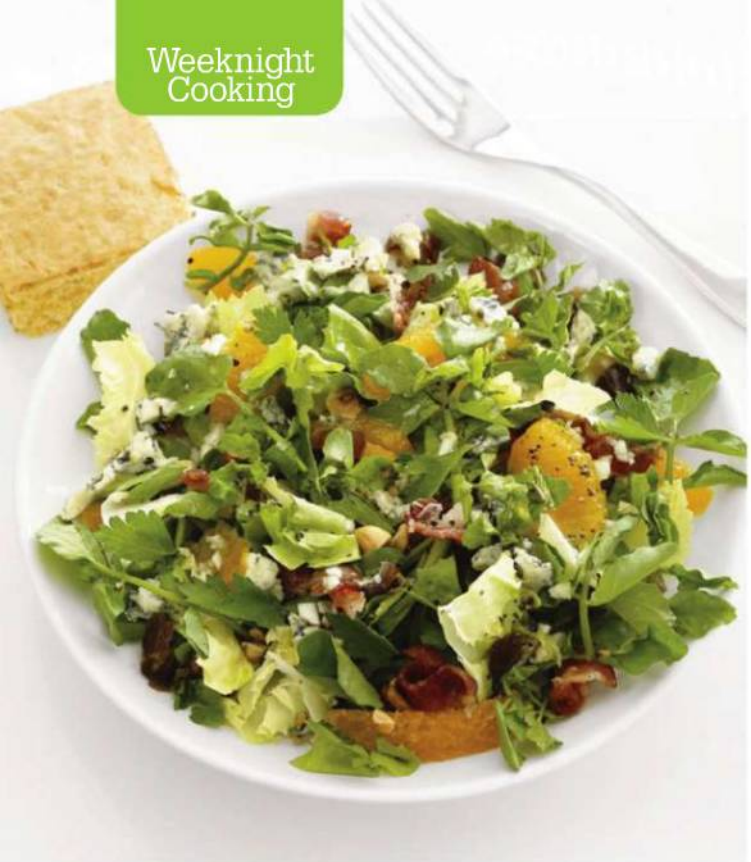

BACON-WATERCRESS SALAD

ACTIVE: 35 min | TOTAL: 35 min | SERVES: 4

- 6 slices bacon
- 3 oranges
- 1 clove garlic, coarsely chopped
- Kosher salt
- 2 tablespoons red wine vinegar
- Freshly ground pepper
- ⅓ cup extra-virgin olive oil
- 1 medium bunch watercress, tough stems removed
- 1 cup fresh parsley leaves
- 1 small head escarole, outer leaves removed, torn
- ⅓ cup roughly chopped toasted hazelnuts
- ⅓ cup roughly chopped dried dates
- ⅓ cup crumbled blue cheese
- Toasted cornbread, for serving (optional)

1. Cook the bacon in a large skillet over medium-high heat until crisp, 8 to 10 minutes. Transfer to a paper towel-lined plate to drain.
2. Meanwhile, segment the oranges: Cut the ends off, then cut away the peel and white pith. Working over a bowl, cut along both sides of each membrane with a paring knife to remove the segments, allowing them to drop into the bowl. Discard any seeds.
3. Put the garlic on a cutting board and sprinkle with ¼ teaspoon salt, then mash into a paste with the flat side of a large knife. Whisk the vinegar and garlic paste in a large bowl and season with salt and pepper, then whisk in the olive oil. Add the watercress, parsley and escarole and toss to coat. Divide the salad among plates and crumble the bacon on top. Sprinkle with the oranges, hazelnuts, dates and blue cheese. Serve with cornbread, if desired.

Per serving: Calories 440; Fat 32 g (Saturated 7 g); Cholesterol 19 mg; Sodium 537 mg; Carbohydrate 31 g; Fiber 9 g; Protein 11 g

MUSSELS WITH POTATOES AND OLIVES

ACTIVE: 30 min | TOTAL: 40 min | SERVES: 4

- 2 large Yukon gold potatoes, cut into 1-inch chunks
- 2 tablespoons extra-virgin olive oil
- 1 medium onion, sliced
- 4 cloves garlic, sliced
- ½ teaspoon paprika
- Pinch of allspice
- Pinch of cayenne pepper
- Kosher salt
- 1 14.5-ounce can diced tomatoes
- 2¼ pounds mussels, scrubbed
- ⅔ cup halved pitted green olives
- ½ cup roughly chopped fresh parsley

The potatoes in this recipe do the job of crusty bread, soaking up the flavorful sauce.

1. Put the potatoes in a large microwave-safe bowl and cover with water by about ¼ inch. Cover with plastic wrap and microwave until just tender, about 6 minutes; drain.
2. Meanwhile, heat the olive oil in a large Dutch oven or wide pot over medium-high heat. Add the onion and garlic and cook until soft and golden brown, 5 to 6 minutes. Add the potatoes, paprika, allspice, cayenne and 1½ teaspoons salt; stir until the potatoes are coated with the spices and begin to soften, 2 to 3 minutes. Stir in 1 cup water and the tomatoes, scraping up any browned bits from the bottom of the pot. Bring to a simmer, cover and cook until the potatoes are tender, about 10 minutes.
3. Stir in the mussels, olives and parsley. Cover and cook until the mussels open, 4 to 5 minutes. (Discard any that do not open.)

Per serving: Calories 345; Fat 14 g (Saturated 2 g); Cholesterol 45 mg; Sodium 1,557 mg; Carbohydrate 30 g; Fiber 4 g; Protein 23 g

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RAVIOLI WITH SAGE-WALNUT BUTTER

ACTIVE: 25 min | TOTAL: 25 min | SERVES: 4

Kosher salt
¼ cup balsamic vinegar
2 teaspoons honey
1 bay leaf
2 9-ounce packages refrigerated cheese ravioli
6 tablespoons unsalted butter
⅓ cup fresh sage leaves
1 cup walnuts, roughly chopped
¾ cup grated parmesan cheese

1. Bring a large pot of salted water to a boil. Combine the vinegar, honey and bay leaf in a small saucepan and boil over medium-high heat until syrupy, 4 to 5 minutes. Cover to keep warm.
2. Add the ravioli to the boiling water and cook as the label directs. Meanwhile, melt the butter in a large skillet over medium heat, then add the sage and walnuts and cook until the nuts are toasted, about 3 minutes. Increase the heat to high, ladle in about 1 cup cooking water and bring to a boil. Cook until reduced by about half, 1 to 2 minutes.
3. Drain the ravioli, reserving another ½ cup cooking water. Add the ravioli to the skillet and toss to coat, adding the reserved water as needed. Remove from the heat, toss with the parmesan and season with salt. Divide the ravioli among plates and drizzle with the balsamic syrup.

Per serving: Calories 613; Fat 47 g (Saturated 19 g); Cholesterol 94 mg; Sodium 633 mg; Carbohydrate 29 g; Fiber 4 g; Protein 17 g

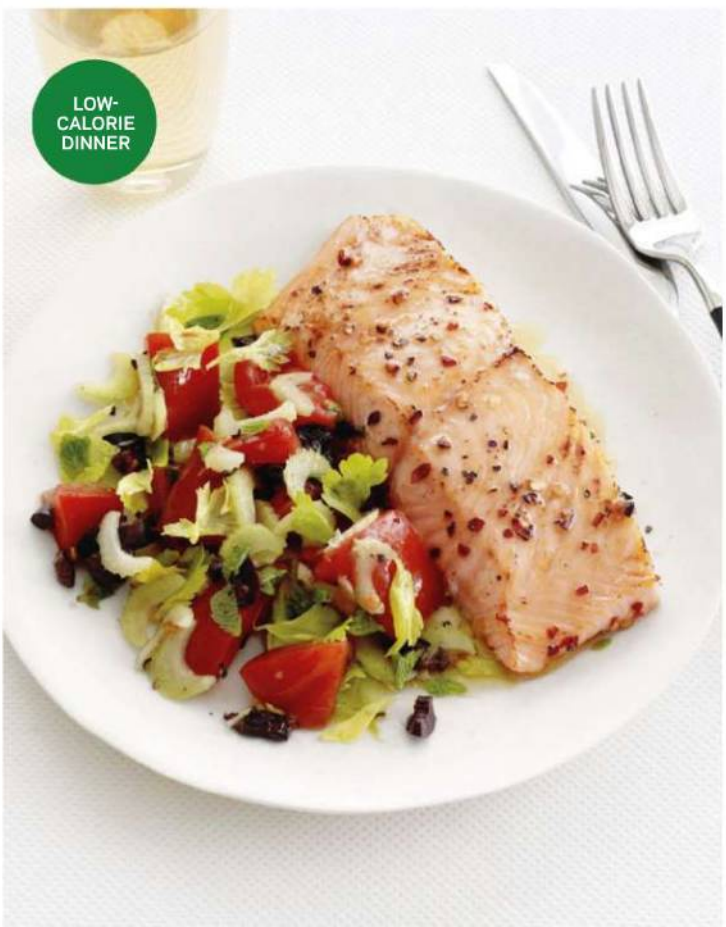
SALMON WITH WARM TOMATO-OLIVE SALAD

ACTIVE: 25 min | TOTAL: 25 min | SERVES: 4

5 tablespoons extra-virgin olive oil, plus more for brushing
1 tablespoon plus 1 teaspoon red wine vinegar
1 tablespoon honey
¼ teaspoon red pepper flakes
Kosher salt
4 6-ounce salmon fillets (about 1¼ inches thick)
1 clove garlic, coarsely chopped
½ cup coarsely chopped pitted kalamata olives
2 medium beefsteak tomatoes, cut into 1-inch chunks
1 cup sliced celery (inner stalks with leaves)
¼ cup roughly chopped fresh mint

1. Preheat the broiler. Line a broiler pan with foil and lightly brush with olive oil. Whisk 2 tablespoons olive oil, 1 teaspoon vinegar, the honey, red pepper flakes and 1 teaspoon salt in a small bowl. Put the salmon, skin-side down, on the prepared pan and brush the tops and sides with the honey glaze. Broil until golden brown and just cooked through, 4 to 6 minutes.
2. Meanwhile, put the garlic on a cutting board and sprinkle with a generous pinch of salt, then mash into a paste with the flat side of a large knife. Heat the remaining 3 tablespoons olive oil and 1 tablespoon vinegar, the olives and garlic paste in a small saucepan over medium-high heat until bubbling, about 3 minutes. Transfer the mixture to a bowl and add the tomatoes, celery and mint. Season with salt and toss to combine. Serve with the salmon.

Per serving: Calories 433; Fat 26 g (Saturated 4 g); Cholesterol 97 mg; Sodium 982 mg; Carbohydrate 10 g; Fiber 1 g; Protein 38 g



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MUSTARD GREENS WITH CHEDDAR

Heat 2 tablespoons **olive oil** in a large skillet over low heat. Add 2 bunches stemmed **mustard greens** and cook until wilted. Add ¾ cup **chicken broth** and cook 15 to 20 minutes. Season with **salt** and **pepper.** Toss 1 chopped **beefsteak tomato** with olive oil and salt and pepper. Top the greens with the tomato and shaved **cheddar.**

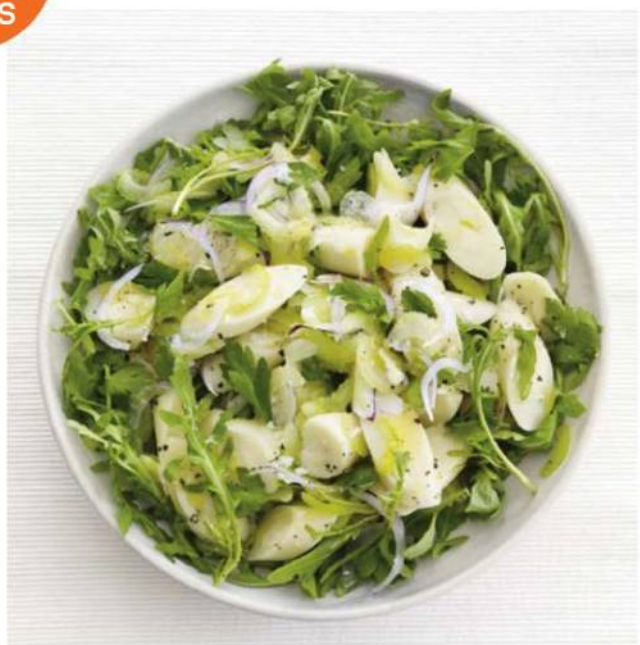
PORTOBELLO FRIES

Mix 1 cup **breadcrumbs,** ¼ cup grated **pecorino,** 2 tablespoons chopped **parsley** and some **salt** and **pepper** in a bowl. Beat 1 **egg** with 2 tablespoons water in another bowl. Scrape the gills from 3 **portobello mushroom caps;** cut into strips. Dredge in **flour;** dip in the egg, then the crumbs. Fry in 350° **vegetable oil** until golden. Serve with **ketchup.**

6 EASY SIDES

CELERY ROOT SLAW

Coarsely grate 1 pound peeled **celery root.** Toss with 1 tablespoon **salt** and 2 tablespoons warm water in a colander; let sit 20 minutes. Rinse and drain. Whisk the juice of 1 **lemon** and ¼ cup each **dijon mustard** and **sour cream** in a bowl, then whisk in ¼ cup **olive oil.** Add the celery root, 1 teaspoon salt, and **pepper** to taste. Chill. Add ¼ cup chopped **parsley** before serving.



LEMONY HEARTS OF PALM SALAD

Soak ¼ cup sliced **red onion** in cold water, 10 minutes; drain. Toss with 2 cups sliced **hearts of palm,** 1 cup sliced **celery** and some chopped **parsley.** Add 3 tablespoons each **lemon juice** and **olive oil.** Season with **salt** and **pepper.** Serve over **arugula** drizzled with olive oil.

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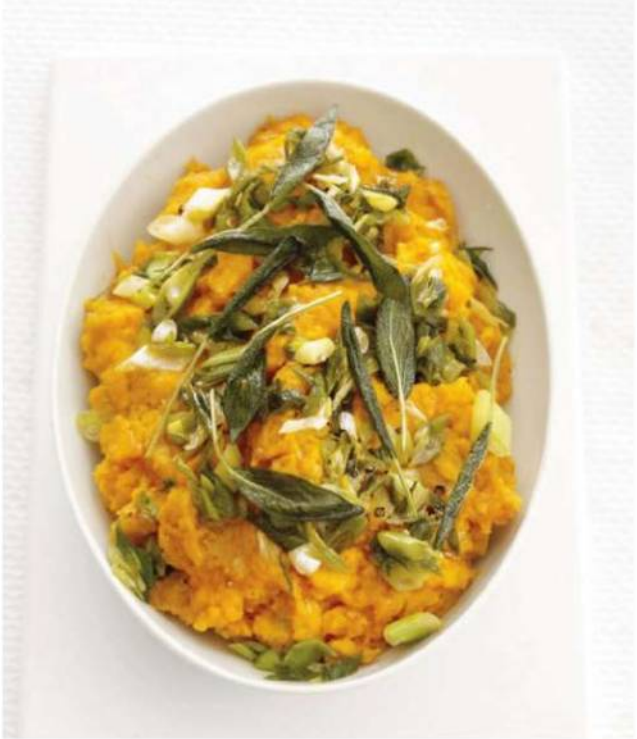
SESAME BROCCOLI

Cook 1 bunch **broccoli spears** in a steamer set over simmering water, 10 minutes. Pulse a 1-inch piece peeled **ginger,** 1 **garlic clove,** 2 tablespoons each water and **sesame oil,** 1 tablespoon **rice vinegar,** and a pinch each of **sugar** and **salt** in a mini food processor. Drizzle over the broccoli and sprinkle with toasted **sesame seeds.**



SWEET POTATO MASH

Pierce 4 **sweet potatoes** with a fork; microwave 8 minutes. Scoop the flesh into a bowl, then mash. Brown 3 tablespoons **butter** in a skillet, then add 8 **sage leaves** and fry until crisp; transfer to a plate. Cook 4 chopped **scallions** with **salt** and **pepper** in the browned butter. Drizzle over the sweet potatoes; top with the sage.

Uncommonly Smooth.

Available in the coffee aisle.

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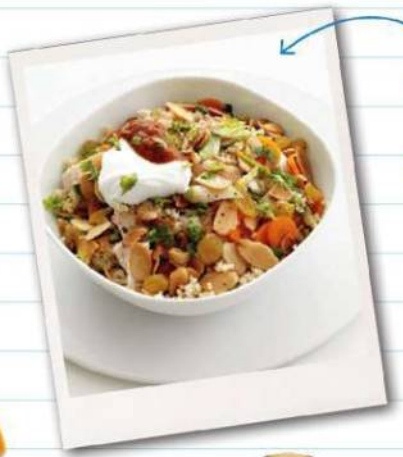
Hot Tips

from Food Network Kitchens' **Katherine Alford:**

Try a new fry.

You can turn almost any vegetable into fries—but make sure you give it the right coating. Thin sticks of hearty root vegetables like carrots or sweet potatoes fry up beautifully if you just toss them in flour first. Zucchini, mushrooms and other moist vegetables work best with a thick breadcrumb coating, like the one we used for our portobello fries on page 108. Once coated, fry the veggies in 350° oil until the oil around them stops bubbling.



Upgrade your grains.

Before we cooked the couscous on page 98, we threw some spices and carrots into the water. This made the couscous extra flavorful—and gave us cooked carrots as a bonus. Try adding turnips, parsnips or dried mushrooms and some spices to the water the next time you make couscous or rice.

Fake a fancy vinegar.

You could spend a fortune on aged balsamic vinegar, but you can get the same effect by reducing (cooking down) regular balsamic vinegar. Just simmer it in a saucepan and the vinegar will thicken into an intense sweet-tart glaze. Try drizzling it on our ravioli on page 106, on simple grilled chicken or steak, or even on the squash stew on page 100.

Switch your sausage.

You can easily cut fat from a recipe by trying a leaner sausage; just make sure it isn't too lean. A good sausage needs a bit of fat or it will taste dry. Turkey sausage is perfect: Look for the kind made with dark meat so it's still moist and rich tasting. Use it in the spaghetti dish on page 102, or try some in tacos, lasagna or chili.

Stock up on frozen potatoes.

Not all frozen foods are winners (frozen asparagus is not my favorite!), but starchy vegetables like potatoes hold up well in the freezer, and they're big time-savers. Frozen french fries were the perfect base for our saucy chile chicken on page 94, and frozen hash browns make a great side dish. Avoid pre-seasoned frozen potatoes, though: They'll taste better if you flavor them yourself.

VINEGAR AND FROZEN POTATOES: MARKO METZINGER/STUDIO D; CARROT STICKS AND POLAROIDS: ISTOCKPHOTO.

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50 Panini

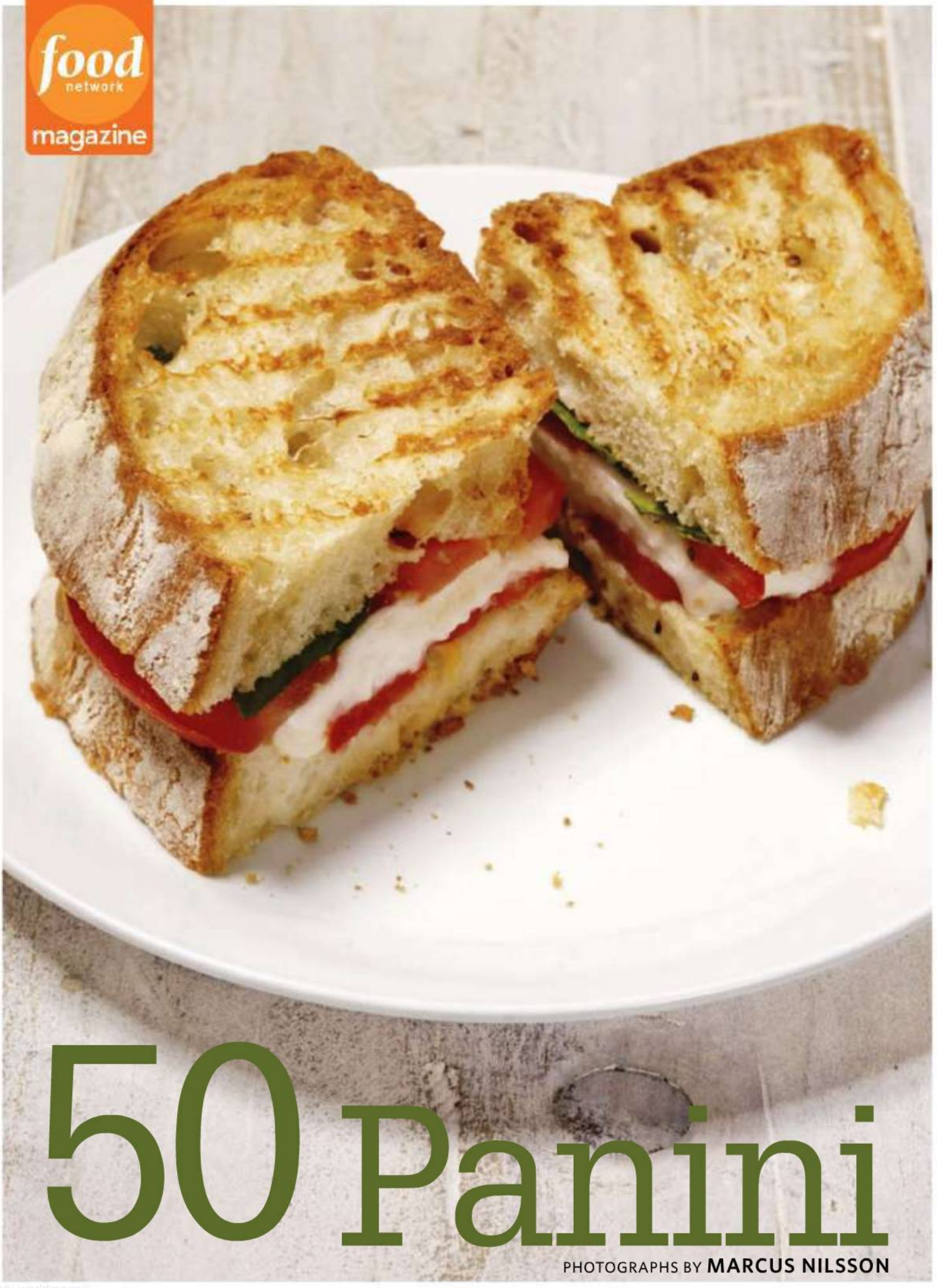
Build your perfect sandwich with these hot-off-the-press ideas.

PHOTOGRAPHS BY **MARCUS NILSSON**

Three-Meat Panini
Brush the inside of a split Italian roll with olive oil. Fill with sliced soppressata, capicola, salami, fontina and roasted red peppers. Cook in a panini press or in a skillet with a heavy pan on top until golden.

Pull out this booklet for 50 great recipes!

food network magazine



50 Panini

PHOTOGRAPHS BY **MARCUS NILSSON**

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No. 10

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How to Cook Panini

- **In a panini press:** Preheat the press. Add your sandwich and cook according to the manufacturer's instructions until golden and crisp, 3 to 5 minutes.
- **On the stove:** Preheat a skillet with butter or oil to medium low. Add your sandwich, then press a heavy pan on top to weigh it down. Cook until golden and crisp, 3 to 4 minutes per side.

1. Caprese Brush the inside of a split sub roll or sliced Italian bread with olive oil. Fill with 2 slices each fresh mozzarella and tomato, and a few basil leaves; season with salt and pepper. Press and cook until golden.

2. Smoked Caprese Make Caprese Panini (No. 1) with smoked mozzarella.

3. Eggplant-Mozzarella Make Caprese Panini (No. 1) with smoked or fresh mozzarella; replace the tomato with grilled eggplant slices.

4. Anchovy Caprese Make Caprese Panini (No. 1), adding ½ chopped anchovy fillet and a sprinkle of capers to the sandwich.

5. Prosciutto Caprese Make Caprese Panini (No. 1), adding 3 thin slices prosciutto and some shaved parmesan to the sandwich.

6. Pesto Turkey Make Caprese Panini (No. 1); brush the inside of the roll with pesto instead of olive oil and add 3 or 4 slices roasted turkey breast to the sandwich.

No. 7

Chicken Saltimbocca

Brush the inside of a split ciabatta roll with pesto. Fill with sliced grilled chicken, fontina and prosciutto, and chopped fresh sage. Press and cook until golden.

8. Apple-Manchego Brush the inside of a split soft roll with olive oil and quince paste or fig jam. Fill with sliced apple and manchego cheese; season with salt. Press and cook until golden.

9. Chorizo-Pear Make Apple-Manchego Panini (No. 8) with sliced pear instead of apple; add sliced Spanish chorizo to the sandwich.

10. Roast Beef–Onion Spread dijon mustard on 2 thick slices of sourdough bread. Layer shredded gruyère, sliced roast beef, caramelized onions and more gruyère between the bread. Press and cook until golden.

11. Three-Meat Brush the inside of a split Italian roll with olive oil. Fill with sliced soppressata, capicola, salami, fontina and roasted red peppers. Press and cook until golden.

12. Bacon-Date Brush the inside of a split French roll with olive oil and spread with soft goat cheese. Fill with chopped dates and crisp bacon. Press and cook until golden.

FOOD STYLING: JAMIE KIMM; PROP STYLING: ANGHARAD BAILEY.

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13. Grilled Veggie Brush the inside of a split ciabatta roll with pesto. Fill with slices of grilled eggplant, zucchini, yellow squash and roasted red peppers. Add 2 slices fresh mozzarella and a few basil leaves. Press and cook until golden.

14. Serrano-Fig Brush the inside of a split piece of baguette with olive oil and fig jam. Fill with thinly sliced serrano ham and manchego cheese. Press and cook until golden.

15. Three-Cheese Brush the inside of a split ciabatta roll with pesto. Fill with a few slices each of mozzarella, fontina and asiago. Add a few basil leaves. Press and cook until golden.

16. Sun-Dried Tomato Make Three-Cheese Panini (No. 15) with sun-dried tomato pesto. Add baby spinach instead of basil.

17. Mortadella-Ricotta Mix 2 tablespoons ricotta with some salt, pepper, and chopped thyme and parsley. Brush the insides of 2 slices crusty Italian bread with olive oil. Fill with the ricotta and sliced mortadella; press and cook until golden.

18. Mortadella-Artichoke Make Mortadella-Ricotta Panini (No. 17), adding grilled marinated artichoke hearts.

19. Mushroom-Taleggio Brush the inside of a split crusty Italian roll with olive oil; season with salt and pepper. Fill with sautéed mixed mushrooms and sliced onion. Add sliced taleggio cheese. Press and cook until golden.

No. 20

BBQ

Fill a soft sesame roll with pulled pork, shredded cheddar and charred red onion. Press and cook until golden.

21. Sausage-Feta Cut a pocketless pita round in half and brush both halves with olive tapenade. Sandwich with sliced cooked spicy sausage, roasted red peppers and crumbled feta. Press and cook until golden.

22. Spicy Steak Lightly spread mayonnaise on the inside of a split onion roll. Fill with thinly sliced cooked steak and season with salt; top with shredded pepper jack cheese. Press and cook until golden.

23. Apple-Brie Spread dijon mustard on the inside of a split piece of baguette. Fill with sliced brie and thinly sliced green apple. Press and cook until golden.

24. Reuben Spread Thousand Island dressing on 2 slices rye bread. Layer sliced Swiss cheese, corned beef, sauerkraut and more cheese between the bread. Press and cook until golden.

25. Tofu Reuben Thinly slice baked tofu and sear in a skillet with olive oil until golden. Make Reuben Panini (No. 24) using tofu instead of corned beef.

26. Italian Melt Drizzle the inside top half of a split sub roll with olive oil and red wine vinegar. Layer sliced provolone, salami, ham, turkey, pepperoncini and more provolone on the roll. Press and cook until golden.

27. Fajita Melt Brush the inside of a split sub roll with olive oil. Fill with sliced grilled chicken, sautéed peppers and onions, and shredded pepper jack cheese. Press and cook until golden.

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No. 31

28. Mexican Melt Make Fajita Melt (No. 27) with sliced roast beef instead of chicken. Press and cook until golden.

29. Steak-Gruyère Mix equal parts mayonnaise and horseradish. Stir in some chopped parsley. Spread on the inside of a split piece of baguette. Fill with thinly sliced cooked steak and sliced gruyère. Press and cook until golden.

30. Jerk Swordfish Sprinkle 4 ounces swordfish with jerk seasoning; grill. Spread mango chutney and mayonnaise on the inside of a split soft egg roll. Fill with the fish, sliced jalapeños and shredded pepper jack cheese. Press and cook until golden.

↑ **Lobster**
Mix 1 cup chopped lobster meat, 2 tablespoons each minced shallot and melted butter, 2 teaspoons chopped tarragon, and some lemon juice and salt. Hollow out a split piece of baguette; fill with the lobster. Brush the outside with butter. Press and cook until golden.

32. Flat Brat Butter the inside of a split hard roll. Fill with sauerkraut, sliced cooked bratwurst and shredded Swiss cheese. Press and cook until golden.

33. Canadian Bacon Butter a split English muffin. Fill with 2 slices sautéed Canadian bacon and some sliced Swiss cheese. Press and cook until golden.

34. Caribbean Spread the inside top half of a split soft roll with yellow mustard and drizzle with hot sauce. Fill with sliced queso blanco, deli ham, sautéed or fried plantains, charred red onion and more queso blanco. Press and cook until golden.

35. Veggie Caribbean Make Caribbean Panini (No. 34) without ham; add avocado and tomato.

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36. German Spread whole-grain mustard on 2 slices pumpernickel bread. Sandwich thinly sliced liverwurst and shredded muenster between the bread. Press and cook until golden.

37. Cuban Spread the inside of a split Cuban or other soft sub roll with yellow mustard. Fill with sliced dill pickle, deli ham, roast pork and Swiss cheese. Press and cook until golden. (This is traditionally done in a skillet.)

38. Turkey Cuban Make Cuban Panini (No. 37) with sliced turkey instead of ham and roast pork.

39. Nacho Cuban Make Cuban Panini (No. 37) with chopped pickled jalapeños instead of dill pickle and cheddar instead of Swiss. Add salsa to the sandwich.

40. Breakfast Burrito Roll up scrambled eggs, shredded pepper jack cheese and salsa in a flour tortilla. Press and cook until golden.

41. Grilled Cheese Sandwich shredded sharp cheddar and jack cheeses between thick slices of white bread. Cook in a skillet with butter until golden (don't press—the bread is soft and there's not a lot of filling).

42. BLT Grilled Cheese Thinly slice a tomato, pat dry and season with salt. Make Grilled Cheese (No. 41), alternating cheese, tomato, escarole and bacon.

43. Tuna Melt Layer shredded cheddar, tuna salad and more shredded cheddar between 2 slices of rye bread. Cook in a skillet with butter until golden (do not press).

No. 44

Berry Croissant
Lightly spread the inside of a split croissant with marshmallow crème. Fill with bittersweet chocolate chunks and sliced strawberries. Press and cook until golden.

45. Apple-Cheddar Spread apple butter on a slice of white bread. Top with grated sharp cheddar and another slice of bread. Cook in a skillet with butter until golden (do not press).

46. Thanksgiving Sandwich sliced turkey, cheddar and some cranberry sauce between slices of potato bread. Cook in a skillet with butter until golden (do not press).

47. Tomato-Tapenade Thinly slice a tomato, pat dry and season with salt. Spread 2 slices of rustic bread with olive tapenade. Fill with grated fontina, the tomato and shredded mozzarella. Cook in a skillet with butter until golden (do not press).

48. Meatloaf Layer shredded sharp cheddar and jack cheeses, thinly sliced leftover meatloaf and more shredded cheese between 2 slices of potato bread. Cook in a skillet with butter until golden (do not press). Serve with ketchup.

49. Mozzarella in Carrozza Sandwich 2 slices fresh mozzarella between 2 slices white bread. Beat 1 egg with 2 tablespoons milk and some salt in a bowl. Dredge the sandwich in flour, then dip both sides in the egg mixture. Cook in a skillet with olive oil until golden (do not press).

50. Peanut Butter–Banana Spread peanut butter on a slice of cinnamon-swirl bread. Top with sliced bananas. Lightly brush another slice of bread with honey and set on top. Press and cook until golden.

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Chorizo-Pear Panini
Brush the inside of a split soft roll with olive oil and quince paste or fig jam. Fill with sliced pear, manchego cheese and Spanish chorizo; season with salt. Cook in a panini press or in a skillet with a heavy pan on top until golden.

You don't need a fancy press to make panini. Just cook your sandwich in a skillet with olive oil or butter, placing a heavy pan on top to press it.

FOOD STYLING: JAMIE KIMM; PROP STYLING: ANGHARAD BAILEY.

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Weekend Cooking

Treat friends to a **fall feast** with Food Network Kitchens' new menus.

PHOTOGRAPHS BY **TINA RUPP**

Learn the secret to golden chicken skin on page 123.

FOOD STYLING: ANNE DISRUDE; PROP STYLING: MARINA MALCHIN.

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A Cozy Italian Dinner

- Cranberry Bean Pasta Fagioli
- Cheesy Garlic Bread
- Chocolate-Pistachio Cannoli
- Chianti

Cranberry beans, also called borlotti beans, have pink and white speckled pods and a chestnut-like flavor. Look for fresh beans in the produce aisle or soak dried ones.

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CRANBERRY BEAN PASTA FAGIOLI

ACTIVE: 45 min | TOTAL: 2 hr 25 min | SERVES: 4 to 6

5 tablespoons extra-virgin olive oil, plus more for drizzling
5 cloves garlic, smashed
1 small onion, roughly chopped
¼ teaspoon red pepper flakes, or more to taste
1 teaspoon finely chopped fresh rosemary
1 2-ounce piece pancetta (optional)
5 canned whole San Marzano tomatoes, crushed by hand
Kosher salt
3 pounds fresh cranberry beans in pods, shelled (or 1 cup dried cranberry beans, soaked overnight)
2 bay leaves
1 piece parmesan cheese rind, plus ½ cup grated parmesan, and more for topping
2 cups small pasta, such as shells or ditalini
1 bunch kale, stems and ribs discarded, leaves chopped
¼ cup roughly chopped fresh parsley
Freshly ground pepper

1. Heat 3 tablespoons olive oil in a large pot over medium heat. Add the garlic, onion, red pepper flakes, rosemary and pancetta, if using, and cook 2 minutes. Stir in the tomatoes and cook 2 more minutes; season with salt. Add the beans, 3 quarts water, the bay leaves and parmesan rind. Cover and bring to a boil, then reduce the heat to low and simmer until the beans are tender, 1 hour 30 minutes to 2 hours.
2. Uncover the pot and bring the mixture to a boil over high heat. Add the pasta and cook until al dente, about 8 minutes. Add the kale and cook, stirring occasionally, until tender, 5 to 6 more minutes. (The soup should be thick and creamy; thin with water, if necessary.)
3. Remove the bay leaves, parmesan rind and pancetta, if used. Add the grated parmesan, parsley, the remaining 2 tablespoons olive oil, and salt and pepper to taste. Top with more olive oil and parmesan.

CHEESY GARLIC BREAD Halve a loaf of Italian bread lengthwise, then crosswise. Mix 3 tablespoons olive oil, 1 clove minced garlic and ¼ teaspoon dried oregano; brush on the cut sides of the bread and toast 10 minutes at 400°. Mix 2 tablespoons grated parmesan and 1 cup each shredded asiago and mozzarella; sprinkle on the bread and bake until melted, about 15 more minutes.

CHOCOLATE-PISTACHIO CANNOLI

ACTIVE: 40 min | TOTAL: 1 hr 10 min | MAKES: 12 mini cannoli

¼ cup chopped semisweet chocolate (about 1½ ounces)
¼ cup finely chopped pistachios
12 mini cannoli shells
1 cup fresh ricotta
½ cup confectioners' sugar, plus more for dusting
1 teaspoon grated tangerine or orange zest
1 tablespoon fresh tangerine or orange juice
Pinch of ground cinnamon
2 tablespoons heavy cream

1. Put the chocolate in a microwave-safe bowl. Microwave about 2 minutes, stirring every 30 seconds, until melted. Put the pistachios in another bowl. Dip both ends of each cannoli shell in the chocolate, then into the pistachios. Arrange on a baking sheet and refrigerate.
2. Beat the ricotta, confectioners' sugar, tangerine zest and juice, and the cinnamon in a bowl with a mixer until fluffy, about 10 minutes. Add the heavy cream and continue to beat until creamy, 1 to 2 more minutes. Cover and refrigerate at least 30 minutes.
3. Transfer the filling to a pastry bag and pipe into the prepared shells from both ends. Dust with confectioners' sugar before serving.

WINE, PROSECCO AND CIDER BOTTLES: MARKO METZINGER/STUDIO D; WINE PAIRINGS: RUPA BHATTACHARYA.

CLASSIC CHIANTI

Tuscany's most popular wine can be a little harsh on its own, but it tastes great paired with a hearty meal like this one.

> 2006 Monsanto Chianto Classico Riserva *($18)*
This wine is great for a raucous family reunion: It's big and loud, and it's never overwhelmed by a full-flavored meal.

> 2004 Fattoria Rodáno Chianti Classico *($18)*
This pick has the smoke and spice of a textbook chianti—it's not meant for sweet-tooth wine drinkers.

> 2006 Castello di Poppiano Chianti Colli Fiorentini "Il Cortile" *($20)*
You'll taste a little bit of cherry and raisin under all the herbal flavors of this aggressive wine.

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A Make-Ahead Brunch

- Sourdough Strata with Tomatoes and Greens
- Spiced Maple Sausage Patties
- Pear-Anise Salad
- Prosecco

Strata, a breakfast casserole, is great for entertaining: You can prepare it the night before, then pop it in the oven when guests arrive.

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SOURDOUGH STRATA WITH TOMATOES AND GREENS

ACTIVE: 25 min | TOTAL: 2 hr 20 min (plus overnight chilling) | SERVES: 6

- 8 plum tomatoes, quartered lengthwise
- 1 tablespoon chopped fresh thyme
- 2 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 3 cups whole milk
- 8 large eggs
- 10 ounces Italian fontina cheese, grated (about 3 cups)
- 1 cup grated parmesan cheese
- ¼ teaspoon cayenne pepper
- 1 1-pound loaf sourdough bread, cut into 1-inch cubes (about 8 cups)
- 4 cups chopped greens, such as kale, spinach or arugula

1. Preheat the oven to 350°. Toss the tomatoes with the thyme, olive oil and ½ teaspoon each salt and black pepper in a bowl. Spread on a baking sheet and roast, stirring once or twice, until the tomatoes are slightly dried and browned in spots, 1 hour to 1 hour, 15 minutes. Cool completely.

2. Whisk the milk, eggs, fontina, ¾ cup parmesan, the cayenne, 1 teaspoon salt and ¼ teaspoon black pepper in a large bowl. Add the bread cubes and greens and toss to coat. Pour into a 3-quart baking dish, then top with the roasted tomatoes. Cover and refrigerate overnight.

3. The next day, preheat the oven to 350°. Sprinkle the strata with the remaining ¼ cup parmesan and bake, uncovered, until golden brown and almost set, about 45 minutes. Turn off the oven, but keep the strata inside 10 minutes before serving.

PEAR-ANISE SALAD Simmer ½ cup each sugar and water with 3 star anise pods and a pinch of salt until syrupy, stirring, 8 to 10 minutes. Remove from the heat and stir in 1 tablespoon lemon juice, ½ teaspoon grenadine and some dried cranberries. Cool, then cover and chill overnight. Drizzle the syrup over sliced pears and top with a big splash of prosecco.

SPICED MAPLE SAUSAGE PATTIES

ACTIVE: 30 min | TOTAL: 35 min (plus overnight chilling) | SERVES: 6

- 1¾ pounds ground pork (not lean)
- 1 small onion, grated and squeezed dry
- 4 cloves garlic, finely grated
- 2 tablespoons minced fresh sage
- 1 tablespoon minced fresh thyme
- 3 tablespoons pure maple syrup
- 1 tablespoon paprika
- ½ teaspoon ground allspice
- ½ teaspoon ground coriander
- ¼ teaspoon cayenne pepper
- Kosher salt and freshly ground black pepper
- 2 tablespoons extra-virgin olive oil

1. Mix the pork, onion, garlic, sage, thyme, syrup, paprika, allspice, coriander, cayenne, 2½ teaspoons salt and ½ teaspoon black pepper with your hands. Form into 18 patties, 2 inches wide and ½ inch thick; put on a foil-lined baking sheet, cover and chill overnight.

2. The next day, preheat the oven to 350°. Heat 1 tablespoon olive oil in a skillet over medium-high heat. Cook half of the patties, turning once, until golden, about 5 minutes. Transfer to a baking sheet. Wipe out the skillet. Repeat with the remaining 1 tablespoon oil and patties, then transfer the patties to the oven to finish cooking, 5 to 10 minutes.

BARGAIN BUBBLY

Use a splash of prosecco, affordable Italian sparkling wine, in the pear salad, then serve the rest with brunch.

> Scu Dò Prosecco Brut *($9)*
A serious steal, this floral, apple-y pick is made by a co-op of grape growers in Italy's Valdobbiadene region.

> Fantinel Extra Dry Prosecco *($13)*
One of Italy's largest prosecco producers makes this sparkler. No need to sip slowly or fuss over the nuances: Drink it like an Italian and gulp it down.

> Zardetto Brut Prosecco *($13)*
There's a touch of chardonnay in this crystal-clear blended prosecco, which makes it taste just slightly toasty.

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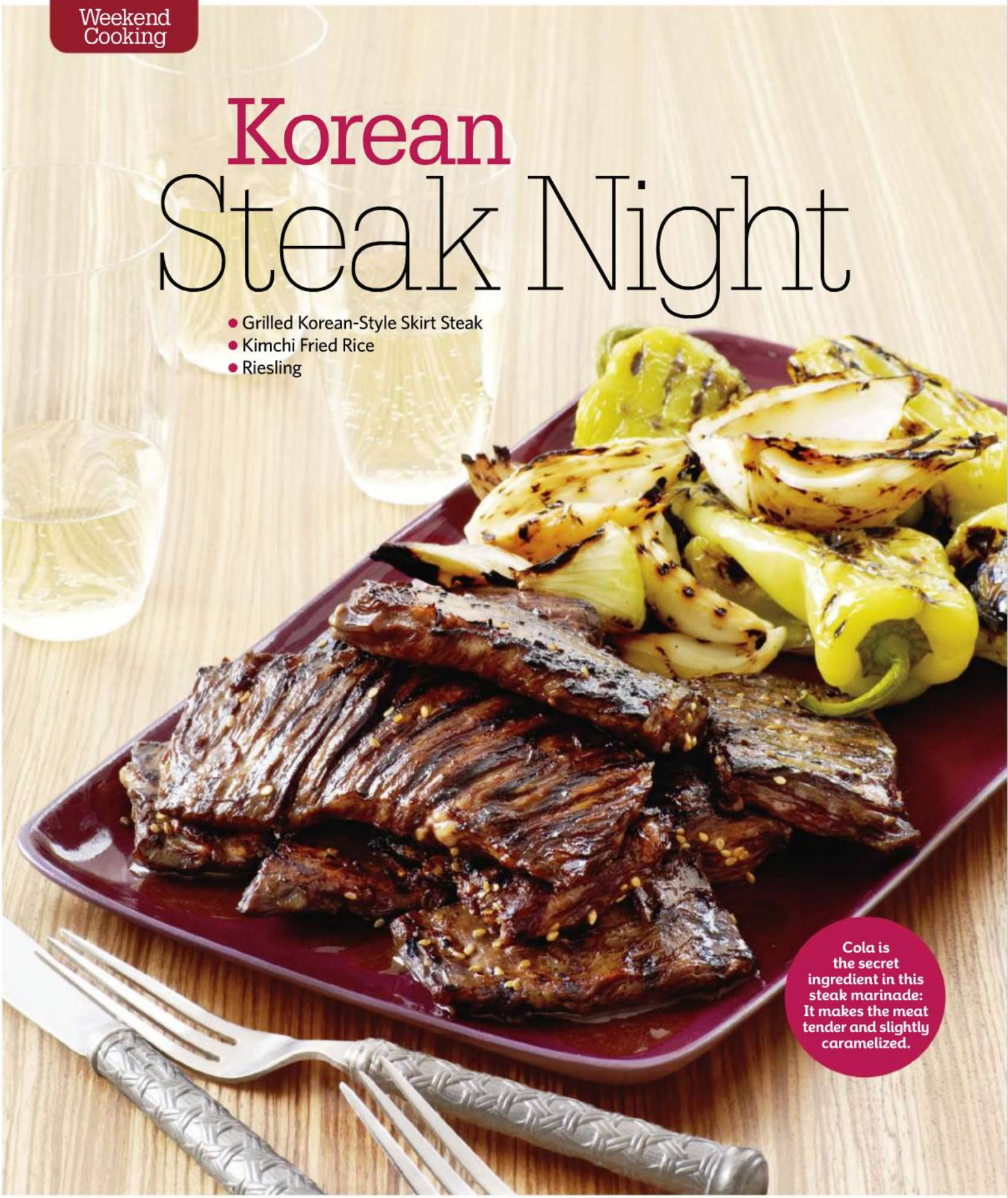
Korean Steak Night

- Grilled Korean-Style Skirt Steak
- Kimchi Fried Rice
- Riesling



Cola is the secret ingredient in this steak marinade: It makes the meat tender and slightly caramelized.

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GRILLED KOREAN-STYLE SKIRT STEAK

ACTIVE: 40 min | TOTAL: 40 min (plus marinating)
SERVES: 4 to 6

1¾ to 2 pounds skirt steak, trimmed and cut crosswise into 4-inch pieces
3 tablespoons sesame seeds
4 cloves garlic, smashed
1 cup cola
¼ cup soy sauce
¼ cup packed dark brown sugar
¼ cup toasted sesame oil
Kosher salt and freshly ground pepper
1 large white onion, cut into 2-inch-thick wedges
6 to 8 slices thick-cut bacon
2 to 3 banana or Cubanelle peppers

1. Pierce the steak a few times with a fork. Toast the sesame seeds in a skillet over medium heat until golden, shaking the pan, 2 to 3 minutes. Transfer to a plate to cool.
2. Combine the sesame seeds, garlic, cola, soy sauce, brown sugar, sesame oil, 1 teaspoon salt and ½ teaspoon pepper in a large bowl, stirring to dissolve the sugar. Add the steak, onion wedges and bacon, turning to coat. Cover and refrigerate 4 hours or overnight.
3. Remove the steak and onion wedges from the marinade with a slotted spoon and transfer to a baking sheet (reserve the bacon for fried rice, below). Heat a grill pan over high heat. Grill the onion wedges and peppers, turning, until charred, 8 to 10 minutes. Transfer to a platter. Grill the steak until charred, 4 to 5 minutes per side for medium rare. Add to the platter.

RIESLING German wine might sound like a strange pairing for Korean food, but these lightly sweet rieslings are the perfect foil for spicy kimchi and rich steak.

> 2009 St. Urbans-Hof Riesling *($13)*
This fruity white wine is understated; it will complement the food but it won't hog the spotlight.

> 2008 Selbach Piesporter Michelsberg Riesling Spätlese *($15)*
There's a gasoline aroma to this wine, but don't be alarmed—the flavor is balanced and fruity.

> 2007 Bernhard Eifel Trittenheimer Apotheke Riesling Spätlese Feinherb *($17)*
The Bernhard Eifel winery has been around for 375 years—plenty of time to perfect this palate cleanser.

KIMCHI Make this spicy Korean condiment, then turn it into fried rice (below) or serve it with your steak: Pulse 3 chopped red jalapeños, 4 garlic cloves, ¼ cup sugar, 2 tablespoons chopped ginger, 1 teaspoon red pepper flakes and 2 tablespoons each fish sauce and salt in a food processor. Cut ½ head napa cabbage and 6 scallions into 2-inch pieces; toss with the jalapeño paste. Refrigerate at least 4 hours.

KIMCHI FRIED RICE

ACTIVE: 30 min | TOTAL: 30 min | SERVES: 4 to 6

6 to 8 slices thick-cut bacon (if making steak above, use the marinated bacon)
3 tablespoons sesame seeds
3 nori sheets (dried seaweed)
3 cups kimchi (see above)
4½ to 5 cups cooked medium-grain white rice, chilled
1 tablespoon toasted sesame oil

1. Cut the bacon crosswise into ½-inch pieces. Toast the sesame seeds in a large skillet over medium heat until golden, shaking the pan, 2 to 3 minutes.
2. Cut the nori sheets in half with shears, then cut into ½-inch-thick strips.
3. Heat a large cast-iron skillet over medium-high heat. Add the bacon and stir-fry until almost cooked through, 6 to 8 minutes. Drain the kimchi, reserving the liquid. Raise the heat to high and stir-fry the kimchi until browned, 7 to 8 minutes. Add the rice, the reserved kimchi liquid, the sesame oil and half of the nori strips. Continue to cook, turning and flattening the rice mixture with a spatula until it starts to form a golden crust, about 8 minutes. (For more of a crust, remove the pan from the heat, cover and set aside 10 minutes.)
4. Transfer the fried rice to a serving dish and sprinkle with the remaining nori strips and the toasted sesame seeds.

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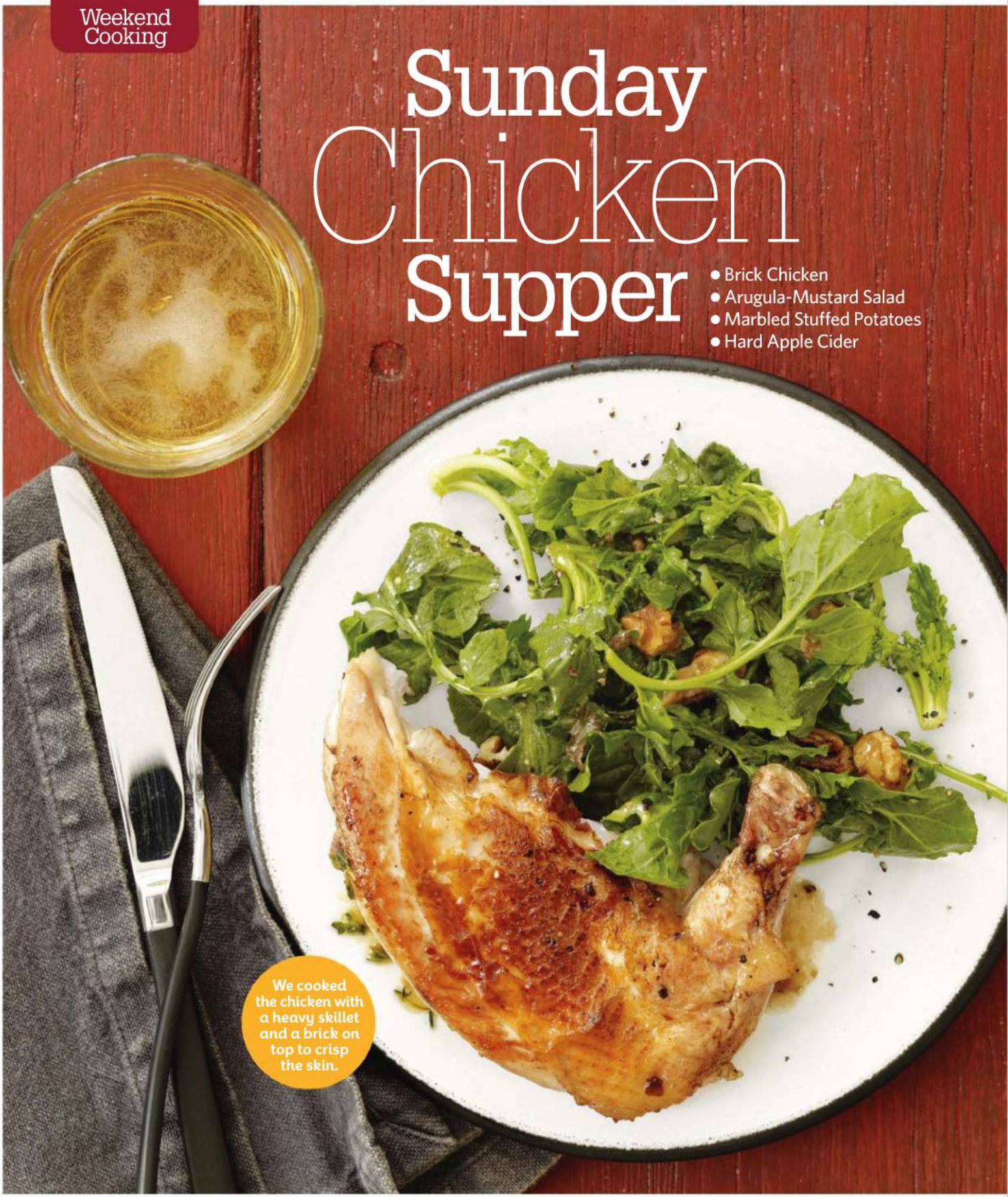
Sunday Chicken Supper

- Brick Chicken
- Arugula-Mustard Salad
- Marbled Stuffed Potatoes
- Hard Apple Cider



We cooked the chicken with a heavy skillet and a brick on top to crisp the skin.

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BRICK CHICKEN

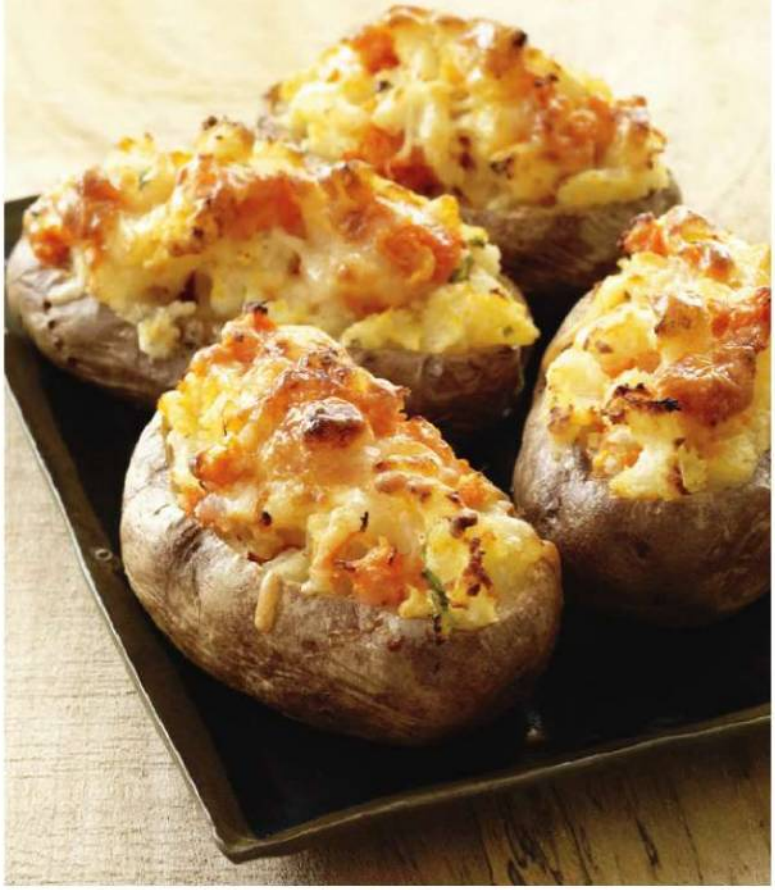
ACTIVE: 30 min | TOTAL: 1 hr (plus chilling)
SERVES: 4 to 6

3 chicken halves, breast and rib bones intact (1½ to 1¾ pounds each)
Kosher salt and freshly ground pepper
1 tablespoon extra-virgin olive oil
½ tablespoon unsalted butter
5 to 6 sprigs thyme

1. Partially debone the chicken halves, removing the wing, backbone and thighbone (see page 125). Rinse and pat dry. Refrigerate, uncovered, at least 30 minutes to dry out the skin.
2. Season the chicken with salt and pepper on both sides. Heat a large nonstick skillet (preferably cast iron) over medium heat and add the oil and butter. Lay the chicken halves, skin-side down, in the skillet and scatter the thyme around them. Wrap a slightly smaller skillet with foil and place on top of the chicken. Set a large brick or 2 to 3 heavy cans in the skillet to weigh it down.
3. Cook the chicken 3 to 5 minutes, then remove the top skillet and check the skin; adjust the heat and rotate the pan as needed so the skin browns evenly. Replace the top skillet and continue to cook until the skin is golden and crisp and the chicken is cooked about three-quarters of the way through, 20 to 25 more minutes. Remove the top skillet and carefully flip the chicken. Cook, uncovered, until the chicken is cooked through, 8 to 10 more minutes. Transfer to a cutting board and let rest 5 minutes. Cut each piece in half to serve.

ARUGULA-MUSTARD SALAD

Whisk 2 teaspoons each whole-grain mustard and white wine vinegar, ¼ teaspoon salt, and pepper to taste in a large bowl. Slowly drizzle in 3 tablespoons olive oil, whisking. Add 3 bunches torn arugula and ⅓ cup chopped toasted walnuts and toss.



MARBLED STUFFED POTATOES

ACTIVE: 20 min | TOTAL: 1 hr 35 min | SERVES: 4

4 large russet potatoes
1 large sweet potato
¼ cup sour cream
3 tablespoons unsalted butter, cut into pieces and softened
2 scallions, thinly sliced
¾ cup shredded sharp cheddar cheese
Pinch of freshly grated nutmeg
Kosher salt and freshly ground pepper
Extra-virgin olive oil, for brushing

1. Preheat the oven to 400°. Put the russet and sweet potatoes directly on the oven rack and bake 30 minutes. Pierce each potato a few times with a fork and continue to bake until tender, 15 to 20 more minutes for the sweet potato and 20 to 25 more minutes for the russet potatoes. Let cool slightly.
2. Peel the sweet potato. Transfer to a bowl and mash lightly with a fork until almost smooth. Trim a thin slice off the top of each russet potato, cutting lengthwise. Scoop most of the flesh into another bowl, leaving the shells intact. Add the sour cream and butter to the bowl and mash with a fork. Stir in the scallions, ½ cup cheese, the nutmeg, 1¼ teaspoon salt, and pepper to taste. Gently fold in the sweet potato.
3. Brush the potato skins with olive oil and season with salt and pepper. Generously fill with the marbled potato mixture and sprinkle with the remaining ¼ cup cheese.
4. Reduce the oven temperature to 375°. Place the stuffed potatoes on a baking sheet and bake until the cheese melts, 25 to 30 minutes.

HARD APPLE CIDER

Think of these as beginner ciders: They're sweeter and more readily available than small-batch artisanal ones—and they're less expensive, too.

> **Woodchuck Draft Cider Amber *($9 for a six-pack)***
The sweetest of the bunch, this pick from Vermont is a good alternative for people who find beer too bitter tasting.

> **Magners Original Irish Cider *($10 for a six-pack)***
Made in Ireland (where it's marketed as Bulmers Cider), this golden, not-too-sweet cider is a good match for the cheesy potatoes.

> **Doc's Draft Hard Apple Cider *($12 for a six-pack)***
This cider has a mineral flavor that's reminiscent of wine, which isn't surprising: It's made at New York's Warwick Valley Winery.

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IT'S NOT WHETHER YOU WIN OR LOSE, *but whether there's* ENOUGH TO GO AROUND.

Make everyone's day on game day. Get the party started with this favorite recipe of The Neelys.

Mini Memphis-Style BBQ Burgers

Prep: 15 min. | Total: 21 min. | Makes: 8 servings

WHAT YOU NEED

- 1 lb. lean ground beef
- 2 Tbsp. finely chopped red onions
- 4 KRAFT Singles, halved
- 8 slider buns, toasted
- 1/2 cup coleslaw
- 4 slices OSCAR MAYER Bacon, cooked, halved
- 1/3 cup BULL'S-EYE Memphis Style Barbecue Sauce

MAKE IT

HEAT grill to medium-high.

MIX meat and onions; shape into 8 patties.

GRILL 3 min. per side or until done; top with Singles.

FILL buns.

The Neelys – TV celebrity chefs

KRAFT Singles

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HOW TO
Debone the Chicken

1

Cut off the wing at the first joint using a chef's knife (reserve for stock or another use). Trim the excess fat from the chicken.

2

Put the chicken skin-side down. Then remove the backbone by cutting through the ribs with kitchen shears.

3

Remove the thighbone: Locate the round end of the bone with your fingers (it's under the rib cage). Using a paring knife, make an incision along the top of the bone to reveal it.

4

Make a slit along the length of the bone, then push away the meat to expose the bone. Pull the bone up and away from the thigh, then use a paring knife to scrape away the meat and connective tissue.

5

Bend the bone back until it pops from the joint. Use your knife to free it, if necessary.

6

Remove the bone and discard. The chicken can now be flattened under a heavy skillet and will cook more evenly.

This FOOTBALL SEASON, WE WANT EVERYONE TO HAVE ENOUGH.

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HELP US GIVE 20 MILLION MEALS* TO THOSE IN NEED.

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Kraft Foods' goal is to donate 20 million meals.

*The monetary equivalent of a meal will be donated. $1 = 7 meals secured by Feeding America on behalf of local food banks.

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Who Would You Bake Some Love for?
My daughter's favorite thing to do is bake Toll House® chocolate chip cookies. She claims she knows the exact amount of chocolate chips needed for the perfect batch: the whole bag minus 10 morsels. Then she says she'll gladly "take care" of those extras.
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Nielsen, Based on 2009 Grocery Dollar Sales.

Trick or Treat

Set out some **scary tableware.** Then, bake a fall treat and see the stars' jack-o'-lanterns.

Dress up your utensils with plastic witch fingers!

Finger Food

Cast a spell over your dinner guests with this spooky touch: Slide plastic witch fingers onto your flatware before the meal. The fingers *($3 for 24, ustoy.com)* are meant for real hands, but they'll fit snugly onto the end of a fork, spoon or knife.

PHOTO: CHARLES MASTERS; FOOD STYLING: JAMIE KIMM.

Scan: worldmags®

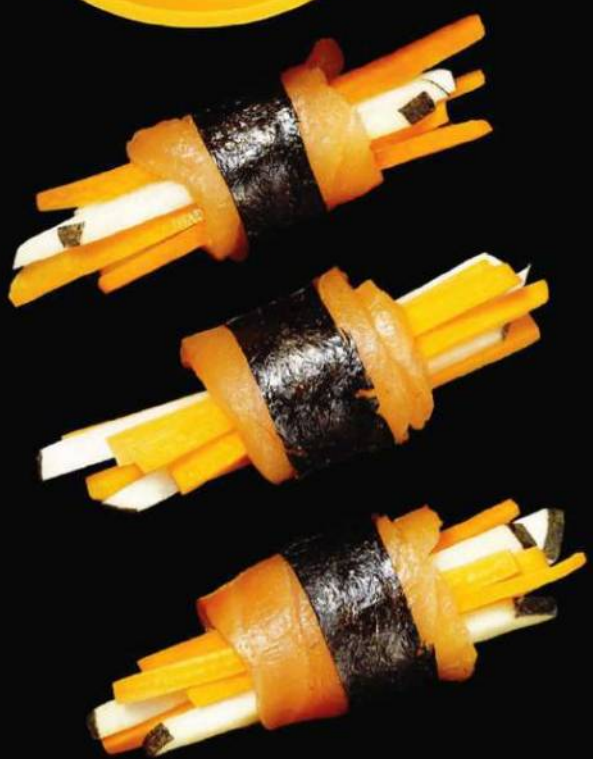
Scary Good

Dress up your Halloween spread with these luxe black-and-orange treats.

PHOTOGRAPHS BY **LEVI BROWN**

DARK CHOCOLATE MARTINI

Mix 2 tablespoons each raw sugar and finely chopped dark chocolate on a plate. Combine 2 ounces each chocolate liqueur and vodka, 1 ounce chilled espresso, ½ teaspoon fresh orange juice and a strip of orange zest in a cocktail shaker with ice; stir well. Moisten the rim of a chilled martini glass and dip it in the sugar-chocolate mixture. Strain the cocktail into the glass and garnish with an orange wedge.



SALMON-CARROT SUSHI

Cut 1 carrot and 1 black radish into matchsticks. Roll up a few pieces of each in ½-inch-wide strips of smoked salmon. Wrap thin strips of nori (seaweed sheets, found in the Asian-food section) around the salmon, moistening with wasabi or mayonnaise to seal. For dipping, mix ¼ cup soy sauce with 2 teaspoons each orange juice and water, and some orange zest.

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ORANGE SHERBET CUPS WITH BLACKBERRIES

Cut 2 oranges in half; scoop out the flesh (reserve for another use). Fill the orange cups with scoops of orange sherbet and top with blackberries. Freeze until set.

SWEET POTATOES WITH CAVIAR

Slice 2 sweet potatoes into ⅛-inch-thick rounds. Brush with olive oil and season with salt and pepper. Bake at 425° until crisp, about 15 minutes, then cool on a rack. Mix 2 tablespoons chopped chives with ¼ cup crème fraîche; dollop on the potatoes and top with caviar.

CHOCOLATE-DIPPED FRUIT

Finely chop a 4-ounce bar of dark chocolate; microwave on 50% power until almost melted, about 2 minutes. Stir until smooth. Dip dried mango, papaya and/or apricot pieces in the chocolate, place on a parchment-lined baking sheet and chill until set, about 10 minutes.

FOOD STYLING: BRETT KURZWEIL

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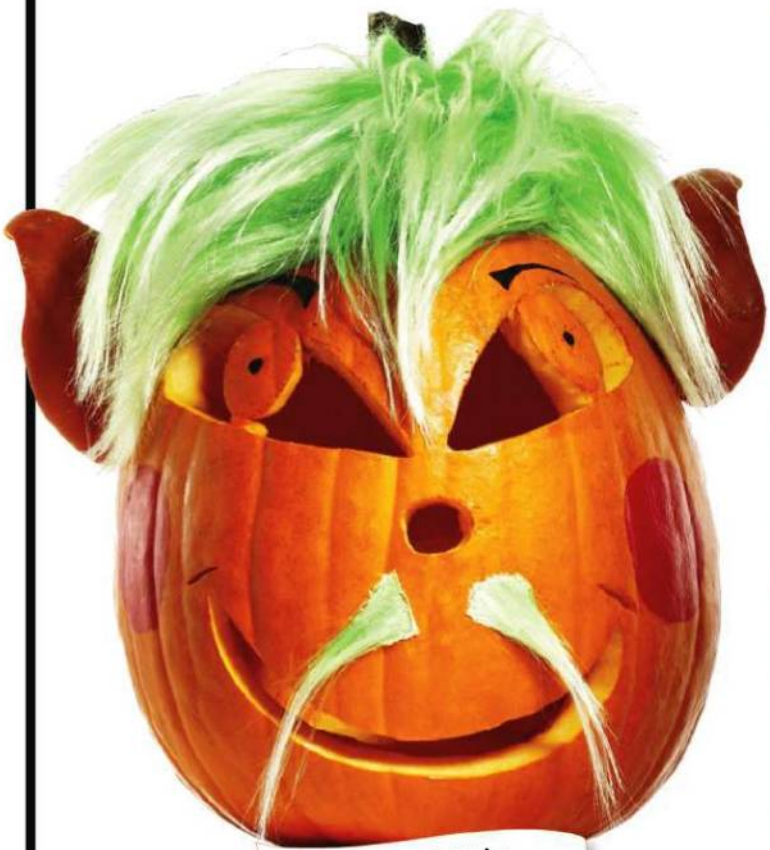
Cut!

We put Food Network stars' knife skills to the test with a **pumpkin-carving contest.**



Best Hairdo

Robert Irvine On *Dinner: Impossible,* Robert often makes emergency stops for last-minute supplies, and he did the same to salvage his jack-o'-lantern. When his plan to use foam as hair didn't work out, he ran to a costume shop for a wig: "I hit a few bumps, but I worked around them."
Tools: knife, paint, pencil, wig, scissors, glue, toothpicks

Best Use of a Flaw

Ellie Krieger After purposely picking out a pumpkin with a big ole dent, Ellie laid it on its side and let the stem stand in for a nose. "I let the pumpkin speak to me!" she said. **Tools:** knife, pencil

Best Update on a Classic

Sandra Lee The *Semi-Homemade Cooking* host is famous for her over-the-top Halloween episodes: She has dressed up as Cher, Madonna, even Marilyn Monroe (catch this year's costume October 24 at 11:30 a.m. ET). But she kept this pumpkin simple, glamming it up with long eyelashes. **Tool:** knife

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Best Use of Power Tools

Ted Allen Ted couldn't resist breaking out his blowtorch and drill for this project. His inspiration: "More Jack Bauer than Martha Stewart," he said. He "drew" hair by burning the top with a torch and made eyeballs and pupils with drill bits. Then he stuffed the mouth with "sad-looking veggies from the crisper." Appropriately, the *Chopped* host finished off his creation with a cleaver.
Tools: blowtorch, drill, knife, cleaver

Most Kid-Friendly

Melissa d'Arabian
As the mother of four girls under age 5, the *Ten Dollar Dinners* host took pains to make her pumpkin as un-scary as possible. She drew on big eyelashes, made a candy-corn tiara and even wrapped a rubber band around the stem to make a ponytail. "She's a princess!" Melissa said. "My girls will love this."
Tools: knife, toothpicks, rubber band, marker

Most Evil-Looking

Aida Mollenkamp
As a child of the '80s, Aida logged plenty of hours playing video games, so she was able to sketch this Pac-Man ghost freehand. "I was really into *Space Invaders*," she says. "But *Pac-Man* felt right for Halloween."
Tools: knife, pencil

Most Nostalgic

Aarón Sánchez
The scrap piece hanging from this pumpkin's mouth started off as a cigar, but then the chef came up with a better story: "He's Pepe, the cannibal pumpkin. Watch out! He feasts on other pumpkins."
Tools: knife, pencil, toothpicks

PUMPKINS: MARKO METZINGER/STUDIO D. IRVINE; BEN GOLDSTEIN/STUDIO D. D'ARABIAN: JAMES BAIGRIE.

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Just the Facts

DRY ICE

Our Expert
Whenever Todd Bailey, the prop expert for *Good Eats with Alton Brown*, wants to create an eerie scene on the show, he turns to dry ice. "It works better than a fog machine," he says. Add a little drama to your Halloween setup with Todd's spooky tricks.

Adding water to dry ice makes it smoke. Warm water will generate more smoke, but your block of dry ice will disappear faster.

Cauldron o' Candy

1. Place a 10-inch-wide metal bowl upside down inside a 12-inch-wide pot.

2. Break up a 10-pound block of dry ice (see box at right). Using gloves or tongs, place half the chunks in the pot around the inverted bowl.

3. Place a 10-inch-wide bowl right side up on top of the inverted bowl and fill with candy. Add water to the dry ice, filling the pot three-quarters full. Add more dry ice as necessary.

Up in Smoke

Add a spooky touch to your party spread.

Smoldering Jack-o'-Lantern

Hide a shallow plastic bowl filled with dry ice chunks inside your carved pumpkin; add water. Smoke will come pouring out of your jack-o'-lantern's gaping mouth. Freshen up the bowl with more dry ice and water every 30 minutes.

Simmering Sodas

Fill the bottom of a 17-gallon tub with 10 pounds of dry ice chunks. Cover the dry ice with a layer of Styrofoam plates. Add 10 pounds of regular ice on top of the plates, then add drinks. Pour a cup of water into the tub.

How To...

BUY Check the "Ice" listings in the phone book for dry ice carriers; some grocery stores even sell it. It is typically sold in 10-pound blocks or bags of pellets and costs about $1 per pound.

HANDLE Do not touch dry ice with your bare hands or ingest it. To break it up into manageable chunks, drop the bag on the floor or take a hammer to it. Wear thick gloves or use kitchen tongs to handle the pieces. Be sure to use dry ice in a well-ventilated room.

STORE You can keep bags of dry ice in a cooler for up to one day; don't store in a freezer or refrigerator.

PHOTOGRAPHS BY **LEVI BROWN**

FOOD STYLING: BRETT KURZWEIL; PROP STYLING: MEGHAN GUTHRIE. INSET PORTRAIT: MEGHAN FOLEY.

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Use a small sugar pie pumpkin for these waffles, not a big decorative pumpkin. If you can't find one, just substitute 1½ cups canned pumpkin.

Try this at home:

PUMPKIN WAFFLES

Claire Robinson, host of *5 Ingredient Fix*, shows us how to make the ultimate fall breakfast. PHOTOGRAPHS BY **JIM FRANCO**

PUMPKIN WAFFLES WITH TRAIL-MIX TOPPING

ACTIVE: 1 hr | TOTAL: 3 hr | SERVES: 4

FOR THE WAFFLES

- 1 small sugar pie pumpkin (2 to 3 pounds)
- 2¼ cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1 teaspoon salt
- 2 teaspoons pumpkin-pie spice
- ½ cup packed light brown sugar
- 2 large eggs, separated
- ¼ cup plain Greek yogurt
- 1 cup whole milk
- 4 tablespoons unsalted butter, melted

FOR THE TOPPING

- ¼ cup slivered almonds
- ¼ cup raw sunflower seeds
- 1½ tablespoons pure maple syrup
- Coarse salt
- ¼ cup dried cherries or cranberries
- Whipped cream, for serving (optional)

FOOD STYLING: WES MARTIN; HAIR AND MAKEUP: JENNIFER WOBITO.

1. Prep the pumpkin.

Preheat the oven to 350°. Remove the stem and cut the pumpkin into quarters with a serrated knife. Scrape the seeds and pulp into a strainer; set aside.

2. Roast the pumpkin.

Put the wedges on a baking sheet and cover tightly with foil; bake until the flesh is tender, about 1 hour, 30 minutes. Remove the foil and let cool.

3. Puree and strain.

Scoop the pumpkin flesh into a food processor and puree until smooth. Transfer to a sieve set over a bowl to drain the excess liquid, about 1 hour.

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4. Toast the seeds.

Meanwhile, reduce the oven temperature to 300°. Rinse the seeds under cold water and discard the stringy pulp; blot dry. Spread the seeds in a single layer on a rimmed baking sheet and bake about 30 minutes, stirring occasionally (this helps dry them out).

"This topping is a great 5-ingredient snack to keep on hand—it's like trail mix. I usually make it with pepitas (green hulled pumpkin seeds). It's so addictive!"

5. Make the topping.

Transfer ½ cup pumpkin seeds to a bowl and add the almonds, sunflower seeds and syrup. Spread on 2 baking sheets lined with silicone mats or parchment paper and season with salt; bake until just golden, stirring several times, about 20 minutes. Cool completely on the pan, then toss with the dried cherries.

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6. Make the batter.

Whisk the flour, baking powder, baking soda, salt and pumpkin-pie spice in a bowl. Whisk the sugar and egg yolks in a separate bowl, then whisk in 1½ cups strained pumpkin puree, the yogurt and milk. Whisk in the melted butter. Pour the pumpkin mixture into the flour mixture and stir with a rubber spatula until just combined (it will be lumpy). Beat the egg whites with a mixer until stiff, then gently fold into the batter.

7. Cook the waffles.

Preheat a waffle iron and grease it if it's not nonstick. Spoon in the batter and cook until golden brown. Keep warm in a 250° oven (directly on the rack) until serving. Serve with whipped cream, if desired, and sprinkle with the topping.

You can also use this batter for pancakes. Claire suggests making small silver-dollar ones: "They'll be thick and cakey!"

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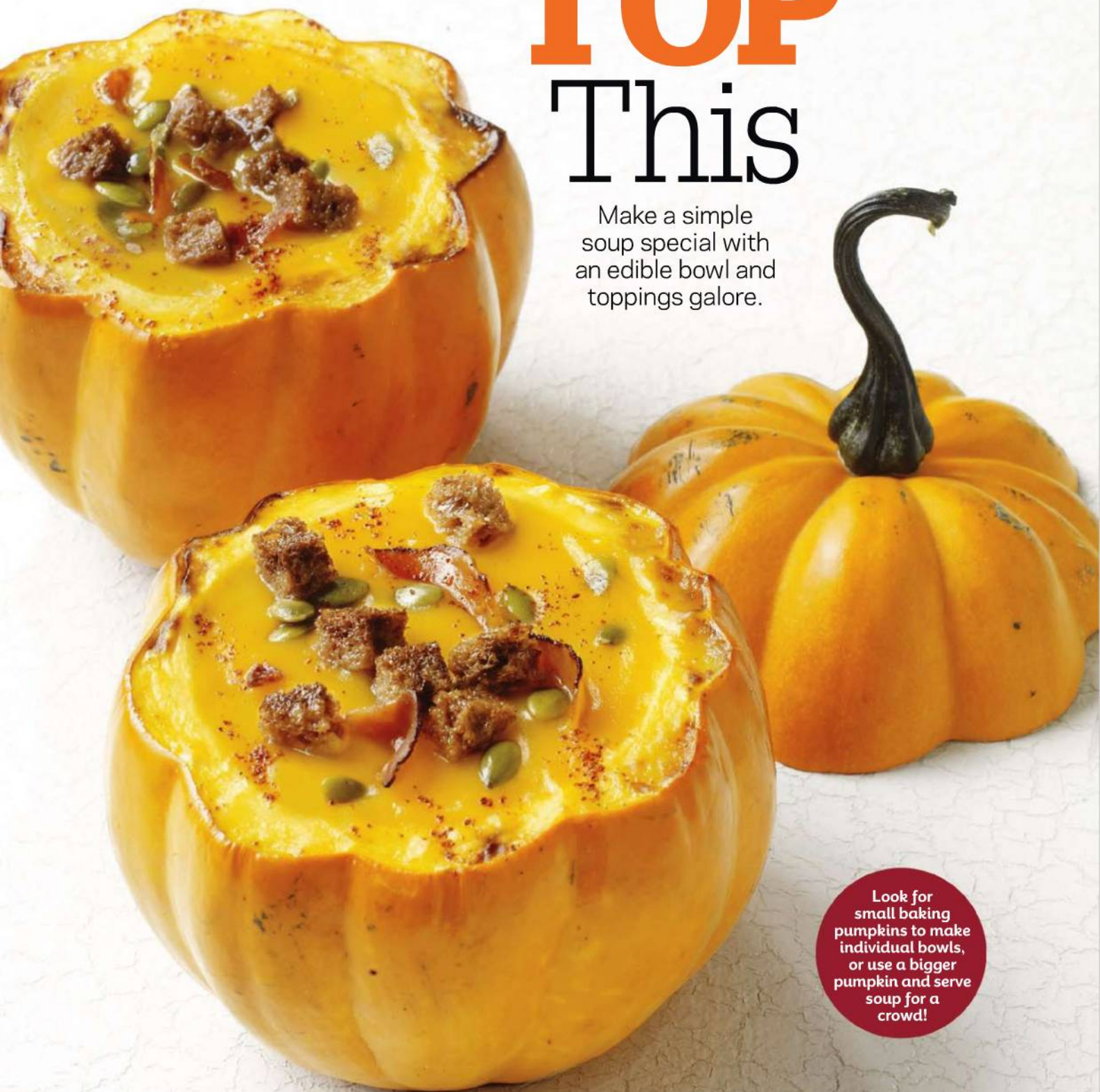
TOP This

Make a simple soup special with an edible bowl and toppings galore.



Look for small baking pumpkins to make individual bowls, or use a bigger pumpkin and serve soup for a crowd!

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what you'll need

FOR THE BOWLS

4 small baking pumpkins (such as hooligan or sugar pie), acorn squash or sweet dumpling squash

2 teaspoons sugar

Kosher salt

FOR THE SOUP

3 tablespoons unsalted butter

½ small onion, chopped

Kosher salt

2 sprigs thyme

1 medium butternut or kuri squash (about 2 pounds), peeled and cut into 1-inch pieces

1 teaspoon sugar

3 tablespoons heavy cream (optional)

Freshly ground pepper

FOR THE TOPPINGS

Pepitas (hulled green pumpkin seeds)

Sourdough and/or pumpernickel croutons

Paprika, chili powder or Spanish pimenton

Crisp prosciutto, serrano ham or bacon

Fried onions

Fried sage or parsley leaves

SQUASH SOUP IN PUMPKIN BOWLS

ACTIVE: 45 min | TOTAL: 45 min | SERVES: 4

1. Make the bowls: Preheat the oven to 400°. Use a paring knife to cut a large circle around the stem of each pumpkin (make a zigzag cut, if desired). Remove the lid and scoop out the seeds and fibers. Sprinkle the inside of each with ½ teaspoon each sugar and salt. Place the pumpkins and lids on a baking sheet; roast until tender, 20 to 35 minutes, depending on their size.

2. Meanwhile, make the soup: Melt the butter in a large saucepan over low heat. Add the onion and 1 teaspoon salt. Strip the thyme leaves into the pot, increase the heat to medium and cook, stirring occasionally, until the onion is soft, about 5 minutes. Add the squash and sugar and cook, stirring, until glazed, 3 to 4 minutes. Add 5 cups water and bring to a boil. Reduce the heat to low and simmer, uncovered, until the squash is tender, 15 to 20 minutes.

3. Working in batches, transfer the soup to a blender, crack the lid to let steam escape and puree until smooth; return to the saucepan (or puree directly in the pan with an immersion blender). Stir in the heavy cream, if desired. Season with salt and pepper, and top as desired.

SQUASH SOUP: STEVE GIRALT; FOOD STYLING: ANNE DISRUDE; PROP STYLING: MARINA MALCHIN. PUMPKIN: ISTOCKPHOTO. ALL OTHER INGREDIENTS: MARKO METZINGER/STUDIO D.

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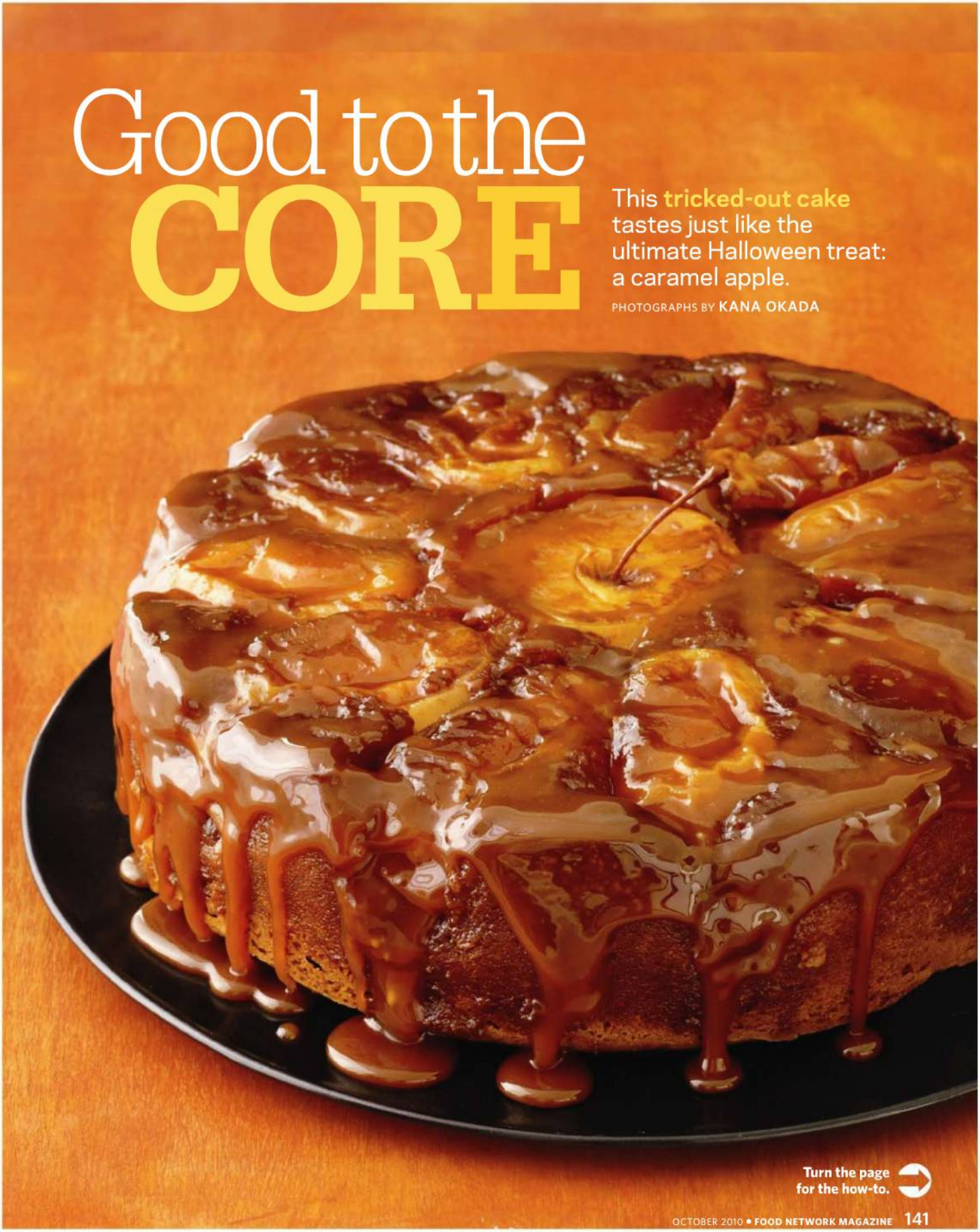
Good to the CORE

This **tricked-out cake** tastes just like the ultimate Halloween treat: a caramel apple.

PHOTOGRAPHS BY **KANA OKADA**



FOOD STYLING: STEPHANA BOTTOM; PROP STYLING: PAMELA DUNCAN SILVER.

Turn the page for the how-to.

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CARAMEL APPLE CAKE

ACTIVE: 1 hr | TOTAL: 2 hr 30 min (plus cooling)
SERVES: 8 to 10

FOR THE CARAMEL AND APPLES

- 4 tablespoons unsalted butter, plus more for the pan
- 3 cups sugar
- 5 tablespoons light corn syrup
- 1 cup heavy cream
- 4 large Golden Delicious apples (1¾ to 2 pounds)

FOR THE BATTER

- 3 cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- 1 teaspoon salt
- ½ teaspoon ground cinnamon
- ½ cup sour cream
- ⅓ cup fresh orange juice
- 1 tablespoon vanilla extract
- 1 stick unsalted butter, softened
- 1½ cups sugar
- 3 large eggs

You'll need a 3-inch-deep cake pan to hold the apples and batter. A standard cake pan is too shallow.

1. Butter a 9-by-3-inch round cake pan. Make the caramel: Cook the sugar and corn syrup in a large skillet over medium-high heat, stirring occasionally, until the sugar is dissolved and the mixture is dark amber, 7 to 10 minutes.

2. Reduce the heat to medium. Carefully add the cream and 4 tablespoons butter (it will splatter) and cook, stirring, until combined, about 3 minutes.

5. Halve the remaining whole apple crosswise. Scoop out the seeds with a melon baller or measuring spoon, leaving the stem on the top half. Chop the bottom and any of the leftover quartered apples into pieces; set aside.

6. Arrange the apple top, stem-side down, in the center of the pan. If the quartered apples shift, just push them back into place.

9. Crack the eggs into a small bowl. Slip them into the mixer bowl, one at a time, and beat until the mixture is pale and creamy, about 5 more minutes. Scrape down the bowl and beater with a rubber spatula.

10. With the mixer on low speed, add half of the sour cream mixture, then half of the flour mixture. Repeat. Turn off the mixer and scrape down the bowl with a rubber spatula; finish combining the batter by hand.

11. Spread the batter over the apples in the pan. Top with the chopped apple. Bake on the middle oven rack until the cake is brown on top and springs back when pressed, 1 hour to 1 hour 20 minutes (don't worry if the top is dark). Cool in the pan on a rack.

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3. Remove the skillet from the heat and let sit 1 minute. Pour 1½ cups caramel into a glass measuring cup and set aside. Pour the remaining caramel into the prepared pan and set aside until set, about 30 minutes.

4. Cut 3 apples into quarters and cut out the cores with a paring knife. Arrange the pieces skin-side down in the pan (overlapping them slightly) to form a ring about ½ inch from the edge. Save any pieces that do not fit for later.

7. Preheat the oven to 350°. Make the batter: Whisk the flour, baking powder, baking soda, salt and cinnamon in a medium bowl. In a small bowl, whisk the sour cream, orange juice and vanilla.

8. Using a stand mixer with the paddle attachment, beat the butter and sugar on medium-high speed until light and fluffy, about 5 minutes.

12. Bring 1 inch of water to a simmer in a skillet wide enough to hold the cake pan. Carefully run a sharp knife around the inside of the pan several times, then rest the pan in the water to soften the caramel, about 8 minutes. Remove the pan from the water and dry.

13. Invert a plate on top of the cake, then flip over the cake and plate. Using pot holders or a towel, wriggle the pan off. Soften the reserved 1½ cups caramel in the microwave, about 2 minutes. Drizzle the cake with some of the caramel. Slice and serve with the rest.

PROMOTION

Are you Inspired to save a life?

We're calling all readers to make a difference during Breast Cancer Awareness Month by hosting a "Passionately Pink" fundraiser. It's your chance to help Susan G. Komen for the Cure® win the fight AND win a fabulous foodie prize!

Pink Cupcakes? Pink Cocktails?
You choose the theme and day—it's simple:

- Register your party under Team FNM at passionatelypink.org—where you'll find great party tips and tools.
- Submit party proceeds and upload your party pics and story by November 1.
- The top fundraiser will be featured on FoodNetMag.com and will WIN a signed gift from a Food Network chef!

Wear Pink. Have Fun. Register Today.

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On the Road

Try a **Harry Potter–inspired drink.** Then, meet a corn-maze maker and pick up tailgating tips from Guy Fieri.

The restaurant is modeled after one of Harry Potter's hangouts.

Orlando, FL

Eat, Drink and Be Harry

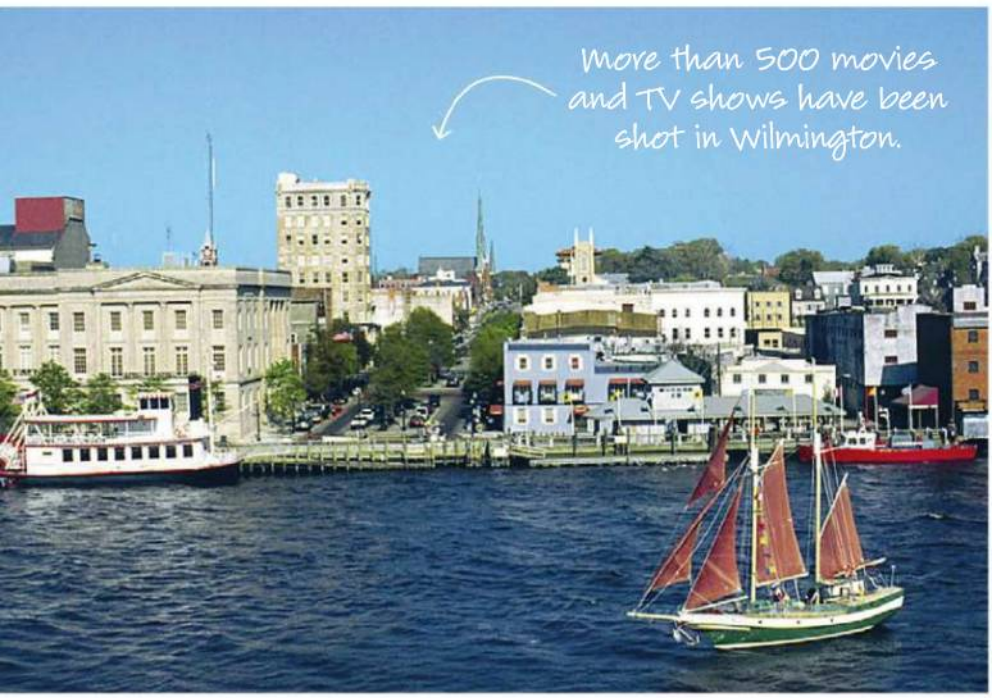
Die-hard *Harry Potter* fans know every detail on every page of the seven-book series, so when chefs at Universal Orlando Resort's new *Potter*-themed **Three Broomsticks** restaurant *(The Wizarding World of Harry Potter; universalorlando.com)* set out to re-create one of Harry's favorite drinks—pumpkin juice—they knew they had to get it right. Actual pumpkin juice isn't so tasty, so the chefs read the books and watched the movies for inspiration, trying to imagine what the young wizards would really drink. In the end, they decided that Harry's brew should taste like spicy apple cider spiked with pumpkin and apricot purees, and they flew samples of the concoction to author J.K. Rowling in Scotland to get her approval. She signed off, but you might want to stop by the theme park and judge for yourself.

PHOTOS: CHARLES MASTERS; FOOD STYLING: JAMIE KIMM. INSET: UNIVERSAL ORLANDO RESORT.

Scan: worldmags®

Dining with the Stars

Hollywood celebs pour into **Wilmington, NC,** all year for film and TV shoots. Here's where you'll spot them when they're off the clock.



Who: Nick Lachey, Paul Bettany, Robin Wright
Where: Caprice Bistro
10 Market St.; capricebistro.com

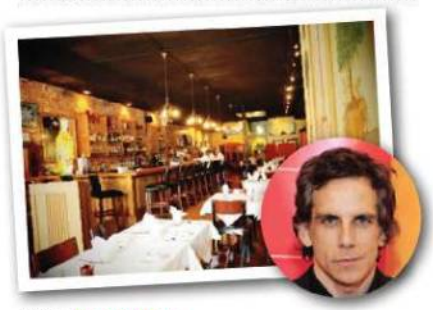
This French restaurant's second-floor Sofa Bar, which serves bistro classics like croque monsieur alongside specialty martinis, is a great hideout for celebrities, including Nick Lachey, who lounged there last year while in town filming a guest spot (as himself) on *One Tree Hill*. Stars also hit the dining room downstairs for traditional French fare like trout grenobloise (Robin Wright's order) and steamed mussels (Paul Bettany's choice, with a glass of gigondas).

Who: Sissy Spacek, Tony Hawk, Jason Schwartzman
Where: Caffé Phoenix
35 North Front St.; caffephoenix.com

This bistro/art gallery became a celeb fave when Wilmington's film industry took off in the mid-'90s, and it's still a hit with the stars. Oscar-winner Sissy Spacek stopped in while filming a TV pilot this spring and ordered the veggie stack sandwich on wheat-berry bread. Jason Schwartzman became a regular when he rented the apartment above the restaurant during shooting for 2009's *The Marc Pease Experience*, often ordering the Caesar salad with salmon to go. And after coming in for a panini last year, skateboarder Tony Hawk sweetened up the staff by sharing a box of Girl Scout Cookies.

Who: Chad Michael Murray, Sophia Bush, James Lafferty
Where: The Reel Cafe
100 South Front St.; reelcafewilmington.com

The CW drama *One Tree Hill* films in Wilmington, and its young cast members know all the local hot spots; they hit this one regularly for pub grub and live music. Heartthrob Chad Michael Murray told owner John Cordell that the chicken wings were "the best south of Buffalo" (high praise from a Buffalo native). Sophia Bush opts for chicken tenders or grilled chicken with broccoli and cheese, and costar James Lafferty likes the penne fra diavolo with chicken.



Who: Ben Stiller, Dakota Fanning, Alicia Keys
Where: Deluxe
114 Market St.; deluxenc.com

During the production of *The Marc Pease Experience*, funnyman Ben Stiller visited this upscale restaurant, where he ate an asparagus salad with goat cheese and kept the waitstaff entertained by cracking jokes. While filming *The Secret Life of Bees*, Dakota Fanning dropped in for mango barbecued chicken and fancy mac and cheese made with asiago (the teen star asked the chef to leave off the white truffle oil); her costar Alicia Keys often ordered a seasonal vegetable plate.

WILMINGTON: NC DIV. OF TOURISM/BILL RUSS. REEL CAFE: JESSICA WRIGHT-MOORE. MURRAY: STEVE GRANITZ/GETTY IMAGES. STILLER: JEMAL COUNTESS/GETTY IMAGES. SPACEK: JASON MERRITT/GETTY IMAGES. LACHEY: JORDAN STRAUSS/GETTY IMAGES.

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Odd Job

Turning a cornfield into a carnival attraction is no easy task. A **corn-maze designer** tells all.

Corn mazes pop up everywhere in the fall. This one's in Arizona!

Most of Herbst's mazes cover about seven acres.

Brett Herbst makes a living off corn, but he doesn't grow a stalk of it. Farm owners hire Herbst and his Utah-based team of six to turn more than 200 cornfields into mazes for tourists each fall.

He "grows" the mazes.
Herbst doesn't mow down fully grown stalks of corn: His crew hits fields across the country in June, when stalks are only two feet tall. He brings computerized sketches and sometimes even uses a GPS tracker to make sure he's cutting the design accurately.

He can make a cornfield look like your face.
While most jobs call for standard-issue corn mazes, Herbst has created some big media spectacles, too, like designs of the solar system or Oprah Winfrey's portrait, viewable only from the air. He finds facial features the trickiest. "You only have two elements of contrast: corn and dirt," he says.

An inside secret:
Some say that if you walk through a maze and keep your hand on one wall the whole time, you'll find your way out. Herbst says this tip usually works, but it's not guaranteed. His job is to trick you: "Watch out for diversions—just because there is a bridge doesn't mean you need to cross it to get out."

PORTRAIT: LORI ADAMSKI-PEEK; INSET: SCHNEPF FARMS/KERRICK JAMES.

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My Top Five

Sunny Anderson reveals her all-time favorite bites in Brooklyn.

Sunny Anderson has sampled delicious food from almost every corner of the globe: She grew up moving from place to place in an army family and then traveled the world as a radio host and journalist for the U.S. Air Force. The *Cooking for Real* star has settled in Brooklyn now, in an area that's packed with great options for adventurous food lovers. "I'm always trying to relive the places I've visited," she says.

1 Rasta Pasta
Footprints Café

When Sunny moved to Brooklyn in 2006, she asked some passersby for a good late-night bite. They pointed her here, where she found a new go-to meal: penne mixed with yellow, green and red bell peppers and a creamy jerk sauce. Sunny orders it topped with a kingfish steak. "It's Caribbean food at its best," she says.
$9 to $17; 5814 Clarendon Rd.; footprintscafeny.com

2 Garlic and Pepperoni Pizza
Di Fara Pizza

Locals stand in line for more than an hour for these pies, and Sunny swears they're worth the wait. The thin-crust garlic and pepperoni pizza, topped with three cheeses, is "hands down, the best slice I've had in my life," she says. Di Fara's 73-year-old owner, Dom De Marco, still makes each pie himself.
$6 per slice; 1424 Avenue J; 718-258-1367

3 Passion Fruit Cosmo
Stone Park Cafe

Sunny first ate at this neighborhood restaurant last year, and it has become one of her top spots for a celebratory meal. The seasonal menu changes frequently, but her favorite cocktail is a mainstay: It's made with passion fruit puree—the same one the pastry chef uses to make sorbet.
$12; 324 Fifth Ave.; stoneparkcafe.com

4 Mofongo with Pernil
El Nuevo Yayo

Sunny loves mofongo, a classic Puerto Rican dish of mashed fried green plantains, and she gets her fix at this restaurant about once a month. "It's the best authentic mofongo I've had Stateside," she says. She typically orders it with pernil, a garlicky roast pork. "The best part is getting a crunchy piece of pigskin."
$7; 5823 Fourth Ave.; 718-492-5634

5 Fish Special
Café K

One of the reasons Sunny chose her fixer-upper apartment was this nearby kosher restaurant: "On my days off, I wanted to be close to something good." Sunny goes for the catch of the day, determined by what's available at the New Fulton Fish Market. The baked tilapia with mushrooms shown here makes regular appearances.
$23-$26; 1111 Avenue K; 718-677-3033

FOOD AND DRINK PHOTOS: POUL OBER.

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Guy's 10 Tailgating Rules

If anyone can pull off a party in a parking lot, it's Guy Fieri. The *Diners, Drive-ins and Dives* star is a die-hard football fan and, as the host of *Tailgate Warriors*, he travels the country scoping out hard-core tailgating setups. Check out these tips he's learned along the way.

1

EXCITE THE CROWD!
One-up typical tailgating grub like burgers and hot dogs. Guy uses kobe beef to give these sliders an unexpected highbrow twist.

KOBE SLIDERS

ACTIVE: 45 min | TOTAL: 1 hr 10 min | MAKES: 12 sliders

FOR THE ONIONS
- 2 tablespoons extra-virgin olive oil
- 2 jumbo sweet onions, thinly sliced
- 2 tablespoons bourbon
- 3 tablespoons unsalted butter
- 2 tablespoons sugar
- Kosher salt and freshly ground pepper

FOR THE AÏOLI
- 2 cups mayonnaise
- 1 tablespoon tequila
- 2 tablespoons fresh lime juice
- 3 tablespoons pickled jalapeños
- ¼ cup chopped fresh cilantro
- Kosher salt and freshly ground pepper

FOR THE SLIDERS
- 3 pounds ground kobe beef
- Vegetable oil, for the grill
- 1 teaspoon garlic salt
- Sea salt and freshly ground pepper
- 12 mini burger buns
- Unsalted butter, softened, for brushing
- 12 lime wedges

1. Make the onions: Heat the olive oil in a large skillet over medium-high heat until almost smoking. Add the onions and stir to coat. Reduce the heat to low and cook until the onions are golden, about 30 minutes. Remove from the heat and add the bourbon, scraping up any browned bits with a wooden spoon. Return to low heat, add the butter and cook until melted. Add the sugar, and salt and pepper to taste, and cook until there is very little liquid left.

2. Meanwhile, make the aïoli: Pulse all of the ingredients in a food processor until combined. Cover and refrigerate until ready to use.

3. Make the sliders: Preheat a grill to medium high. Form the beef into twelve 4-ounce patties, about ½ inch thick. Oil the grill rack, then add the patties and season with the garlic salt, and sea salt and pepper to taste. Grill until browned and cooked halfway through, 3 to 4 minutes. Flip, top with some of the caramelized onions and cook 3 more minutes for medium (or to desired doneness).

4. Meanwhile, brush the insides of the buns with butter and toast on the grill, about 1 minute. Brush the insides of the bun tops with about 1 tablespoon aïoli. Put the burgers on the bun bottoms and cover with the tops. Thread each lime wedge onto a skewer; pierce the skewers through the sliders.

FOOD PHOTOS: ANDREW MCCAUL; FOOD STYLING: ANNE DISRUDE; PROP STYLING: MARINA MALCHIN. FIERI: GETTY IMAGES. FOOTBALL AND BOTTLE CAP: ISTOCKPHOTO.

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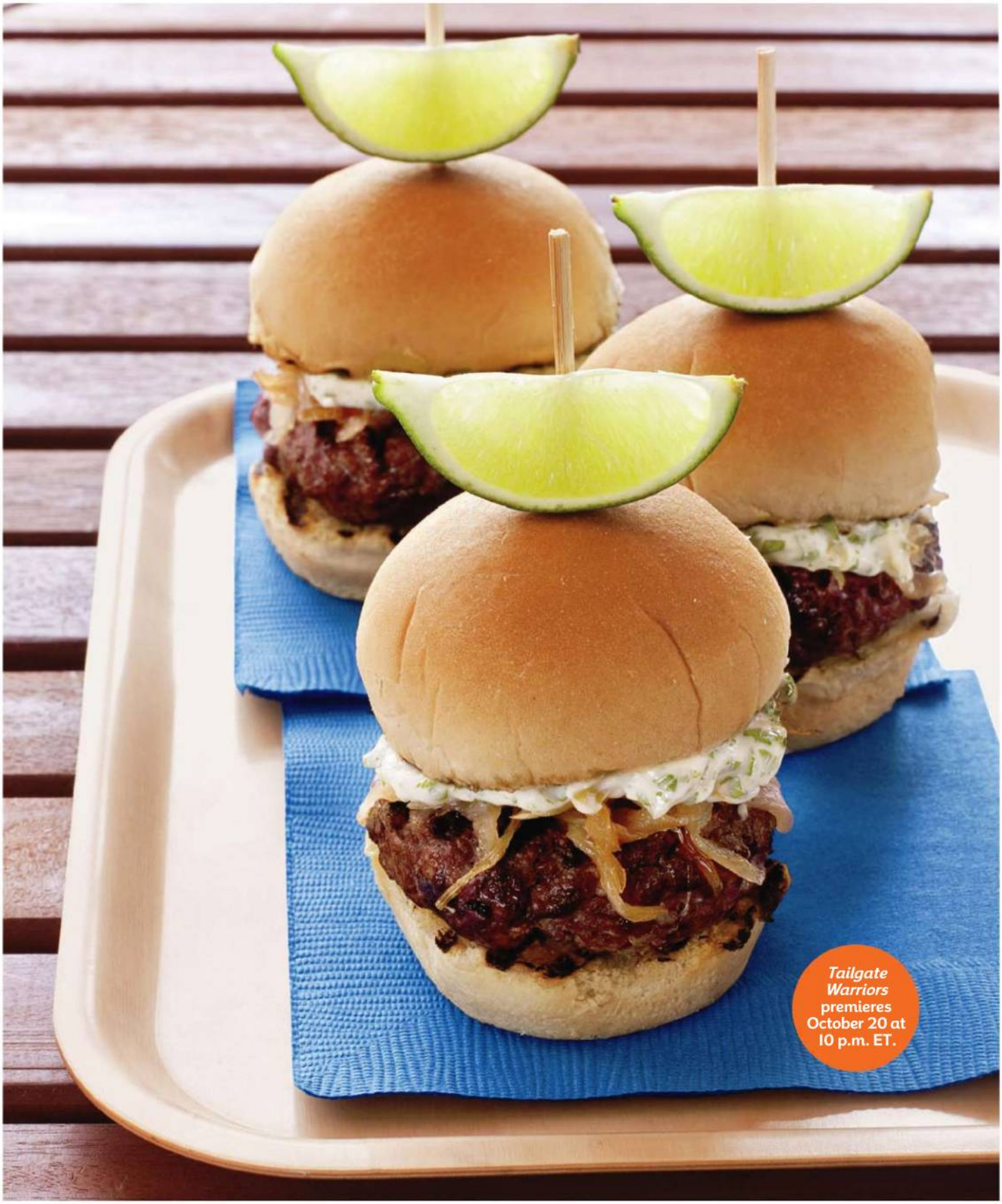

Tailgate Warriors premieres October 20 at 10 p.m. ET.

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2

MAKE HANDHELD FOOD. Guy's goal at a tailgate party: Avoid utensils. He serves food you can hold in one hand, like these Asian Chicken Lettuce Cups.

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ASIAN CHICKEN LETTUCE CUPS

ACTIVE: 45 min | TOTAL: 45 min
SERVES: 6 to 8

FOR THE SAUCE
- ½ cup soy sauce
- 2 tablespoons rice vinegar
- 1 tablespoon minced garlic
- 1 tablespoon minced peeled ginger
- 1 tablespoon sambal oelek (Asian chili sauce)
- 1 tablespoon plum sauce
- 1 tablespoon hoisin sauce
- 1 tablespoon mirin (sweet rice wine)
- 1 teaspoon chopped fresh cilantro
- 1 teaspoon sesame seeds, toasted
- ¼ teaspoon toasted sesame oil

FOR THE CUPS
- 6 tablespoons canola oil
- 1 pound skinless, boneless chicken thighs, diced
- ⅓ cup diced carrot
- ⅓ cup diced celery
- ⅓ cup diced red bell pepper
- ⅓ cup diced sugar snap peas
- ⅓ cup diced red onion
- 1 teaspoon minced peeled ginger
- 1 teaspoon minced garlic
- ⅓ cup mung bean sprouts, halved
- ½ cup sliced shiitake mushroom caps
- 2 tablespoons diced scallions
- 1 tablespoon crushed peanuts
- 6 wonton wrappers

Kosher salt
Iceberg lettuce leaves, for serving
- ½ teaspoon black sesame seeds

1. Make the sauce: Combine all the ingredients in a bowl and set aside. Stir again just before using.
2. Prepare the cups: Heat 2 tablespoons canola oil in a skillet over high heat. Add the chicken and stir-fry until cooked through, about 3 minutes. Add the carrot, celery, bell pepper, peas and red onion and stir-fry about 3 minutes. Add the ginger, garlic, sprouts and shiitakes. Add ¼ cup of the prepared sauce and cook until thickened, about 30 seconds, scraping up any browned bits. Transfer the stir-fry to a bowl; top with the scallions and peanuts.
3. Wipe out the skillet. Heat the remaining 4 tablespoons canola oil over high heat. Fry the wontons until golden and crisp, about 15 seconds per side. Transfer to paper towels and season with salt.
4. Fill the lettuce leaves with the stir-fry. Sprinkle with the sesame seeds. Crumble the wontons on top or serve alongside. Serve with the remaining sauce.

ASTRO TURF: JAMES BAIGRIE.

3

WRAP IT UP! Wraps are the ultimate tailgating food: They're easy to eat and transport, and kids love them. You can do all the work at home for these Creole Chicken Wraps, then pack them up on game day.

CREOLE CHICKEN WRAPS

ACTIVE: 50 min | TOTAL: 50 min | MAKES: 4 wraps

FOR THE RUB
- 2 tablespoons paprika
- 2 teaspoons garlic powder
- 1 teaspoon cayenne pepper
- 1 teaspoon dried thyme
- 1 teaspoon chili powder
- 1 teaspoon ground cumin

Sea salt and freshly ground black pepper

FOR THE WRAPS
- 1 cup mayonnaise
- 1 pound skinless, boneless chicken breasts

Vegetable oil, for the grill
- 4 pieces flatbread
- 1 cup shredded mozzarella cheese
- 4 plum tomatoes, sliced
- 1 Maui onion, thinly sliced
- 1 small red onion, sliced
- 8 romaine lettuce leaves

1. Make the rub: Mix all of the ingredients in a small bowl with 2 teaspoons salt and 1 teaspoon black pepper.
2. Prepare the wraps: Whisk the mayonnaise and 1 tablespoon of the rub in a bowl. Cover and refrigerate until ready to use.
3. Preheat a grill or grill pan to medium high. Toss the chicken with 3 tablespoons rub. Oil the grill; grill the chicken until marked, about 6 minutes. Turn and grill until cooked through, about 4 minutes. Transfer to a cutting board.
4. Wipe the grill clean and brush with more oil. Lay the bread on the grill, then brush with the spiced mayonnaise and top with mozzarella. Grill until the bottom is marked, 1 to 2 minutes. Transfer to a cutting board.
5. Cube the chicken and arrange down the center of each piece of bread. Top with the tomatoes, onions and lettuce. Roll up and wrap with parchment paper or foil to seal.

Click! Guy makes his own flatbread for these wraps! Get the recipe at **foodnetwork.com/magazine.**

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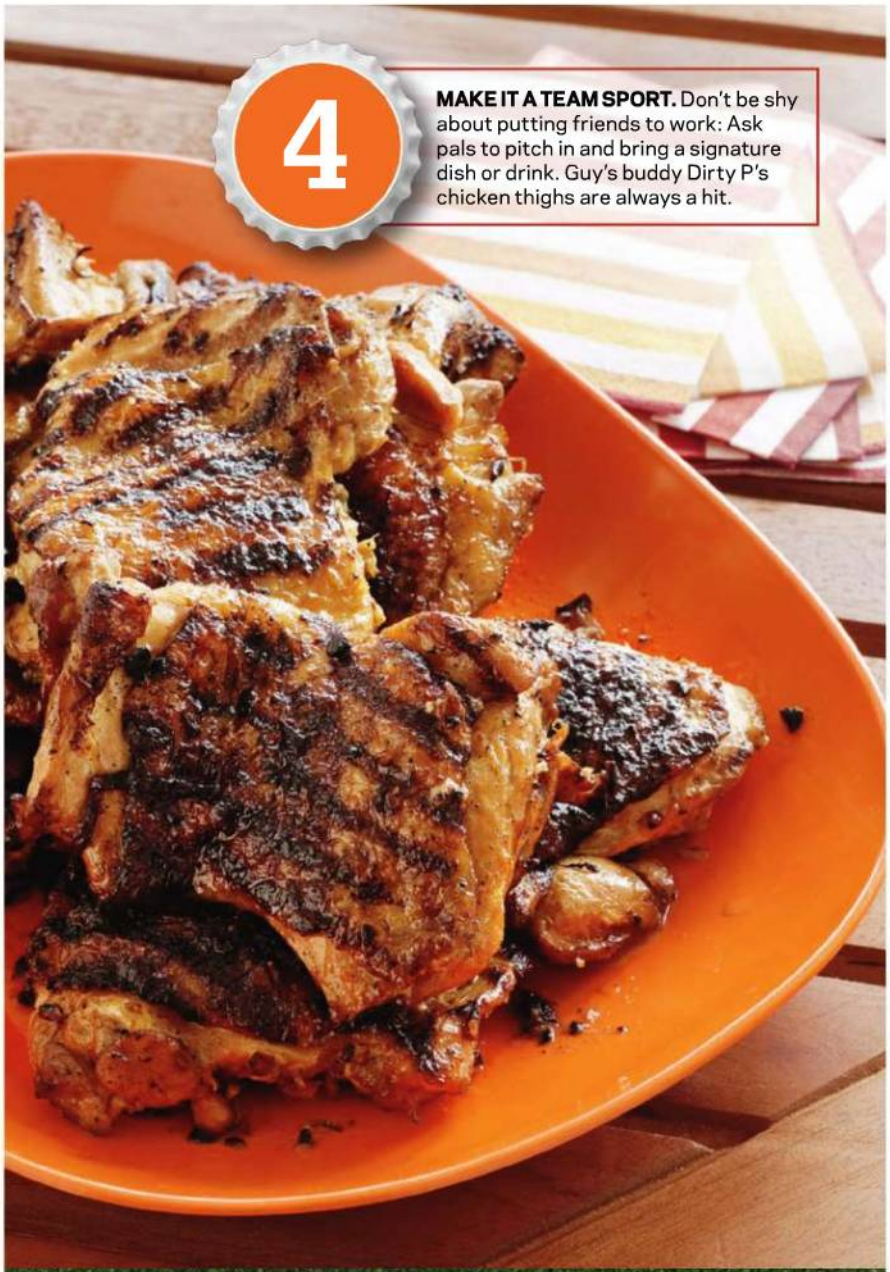

4 **MAKE IT A TEAM SPORT.** Don't be shy about putting friends to work: Ask pals to pitch in and bring a signature dish or drink. Guy's buddy Dirty P's chicken thighs are always a hit.

DIRTY P'S GARLIC-GINGER CHICKEN THIGHS

ACTIVE: 20 min | TOTAL: 25 min (plus marinating) | SERVES: 6 to 8

- 2 pounds skin-on, boneless chicken thighs
- 1 cup thinly sliced red onion
- 2 tablespoons minced garlic
- 2 tablespoons minced peeled ginger
- ¼ cup soy sauce
- ¼ cup fresh tangerine or orange juice
- Freshly ground pepper
- Vegetable oil, for the grill

1. Combine the chicken, onion, garlic, ginger, soy sauce, juice and 1 teaspoon pepper in a large resealable plastic bag. Seal and shake to coat the chicken with the marinade. Refrigerate 1 hour or overnight.
2. Preheat a grill to medium high and oil the grate. Grill the chicken skin-side down until marked, 5 to 6 minutes. Flip and continue to grill until cooked through, about 5 more minutes. Let rest 5 minutes before serving.

5 **WATCH THE CLOCK!** Coaches don't wait until game time to plan their strategy, and you shouldn't either. **One week before:** Pick your menu. Decide what you want to cook—and what you want your guests to bring (see Rule No. 4). **Two days before:** Shop for ingredients and for supplies like disposable plates and utensils. **The night before:** "Chop, slice, marinate, brine, freeze and blend at home—do anything you can to prep ahead!" Guy says.

6 **PACK LIKE A PRO.** Guy keeps a box of knives, tongs, cutting boards, plastic bags and aluminum foil ready to go for his next tailgate.

7 **STAY COOL.** To save room in your cooler, freeze water bottles before the game and use them as ice packs. They'll thaw by the time you're ready to eat, so you'll have ice-cold water for everyone to drink.

8 **TAKE A TIME-OUT.** The cook should have fun too, so don't worry about making every single thing from scratch. Guy gave us the go-ahead to put out top-notch corn chips, pita chips and cocktail mixers from the store. And he isn't a big fan of dessert, so he usually picks up cookies from a local bakery on his way to a game.

9 **FIRE IT UP.** Skip the lighter fluid (and its funky taste) and use a chimney starter, an aluminum canister sold at hardware stores. Guy fills his with lump charcoal, which ignites faster and burns more cleanly than briquettes.

10 **CLEAN UP YOUR ACT.** Cooking without a sink is messy, so bring disinfecting wipes or, if your spread is huge, make table sanitizer by mixing one tablespoon of bleach into a one-gallon jug of water. Guy also packs collapsible trash cans and a box of trash bags. And plastic containers are great for leftovers—in the rare event that you have any.

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PERFECT PULLED PORK

INGREDIENTS

5 lbs. boneless pork butt shoulder
1 ½ tsp. smoked paprika
2 tsp. black pepper
1 tsp. cayenne pepper
1 tsp. dried thyme
1 tsp. garlic powder
½ tsp. salt
1 c. water
soft sandwich buns

DIRECTIONS

Combine all seasonings in a small bowl and rub evenly over roast. Place meat in a 6-quart slow cooker. Add water. Cover and cook on LOW for 6-8 hours or on HIGH for 4-5 hours or until pork is very tender.

Place pork on large cutting board or platter and let rest for 10-15 minutes. Pull, slice or chop to serve. Serve in buns with barbecue sauce.

Serves 16-20

TheOtherWhiteMeat.com

pork

pork checkoff ©2010 National Pork Board, Des Moines, IA USA. This message funded by America's Pork Checkoff Program.

Coming Soon...

Guess what the stars are whipping up for our November issue! Can you **match these celebs** with their dishes?

Sandra Lee

Alton Brown

Tyler Florence

Rachael Ray

Claire Robinson

Bobby Flay

Cat Cora

Nigella Lawson

Southern Corn Bread

Butternut, Arugula and Pine Nut Salad

Macaroni and Cheese Carbonara

Stuffed Baby Bellas

Chipotle Smashed Sweet Potatoes

Haricots Verts with Shaved Parmesan

Buttered Turnip Puree

Roasted Cauliflower

What's New at Food Network

Get Food Network on the Go

Food Network has a new app for the iPad and the iPhone. You can search for more than 45,000 recipes from Food Network chefs, then download a shopping list to your phone or save it to your "recipe box" for later. The app, called *In the Kitchen* ($3), also includes a kitchen timer and a measurement converter.

Huddle to Fight Hunger

Pat and Gina Neely want to make sure that football fans aren't the only ones enjoying a meal at this year's tailgate parties. They've teamed up with Kraft Foods and Feeding America for Huddle to Fight Hunger, a campaign to get 20 million meals to hungry Americans. Go to *huddletofighthunger.com* to try new recipes from the Neelys and to find out how you can donate a meal yourself.

Answers: Sandra haricots verts; Alton sweet potatoes; Tyler turnip puree; Rachael baby bellas; Claire cauliflower; Bobby mac and cheese; Cat cornbread; Nigella salad.

IPHONE: ISTOCKPHOTO.

Perfect Pulled Pork Sandwich

COME & GET IT.

When you've got a million things to do, it's nice to know dinner can take care of itself. After some quality time in your slow cooker, Perfect Pulled Pork will be fall-apart tender, mouthwateringly moist and ready to please! Find recipes, simple cooking tips and more at **TheOtherWhiteMeat.com**

pork

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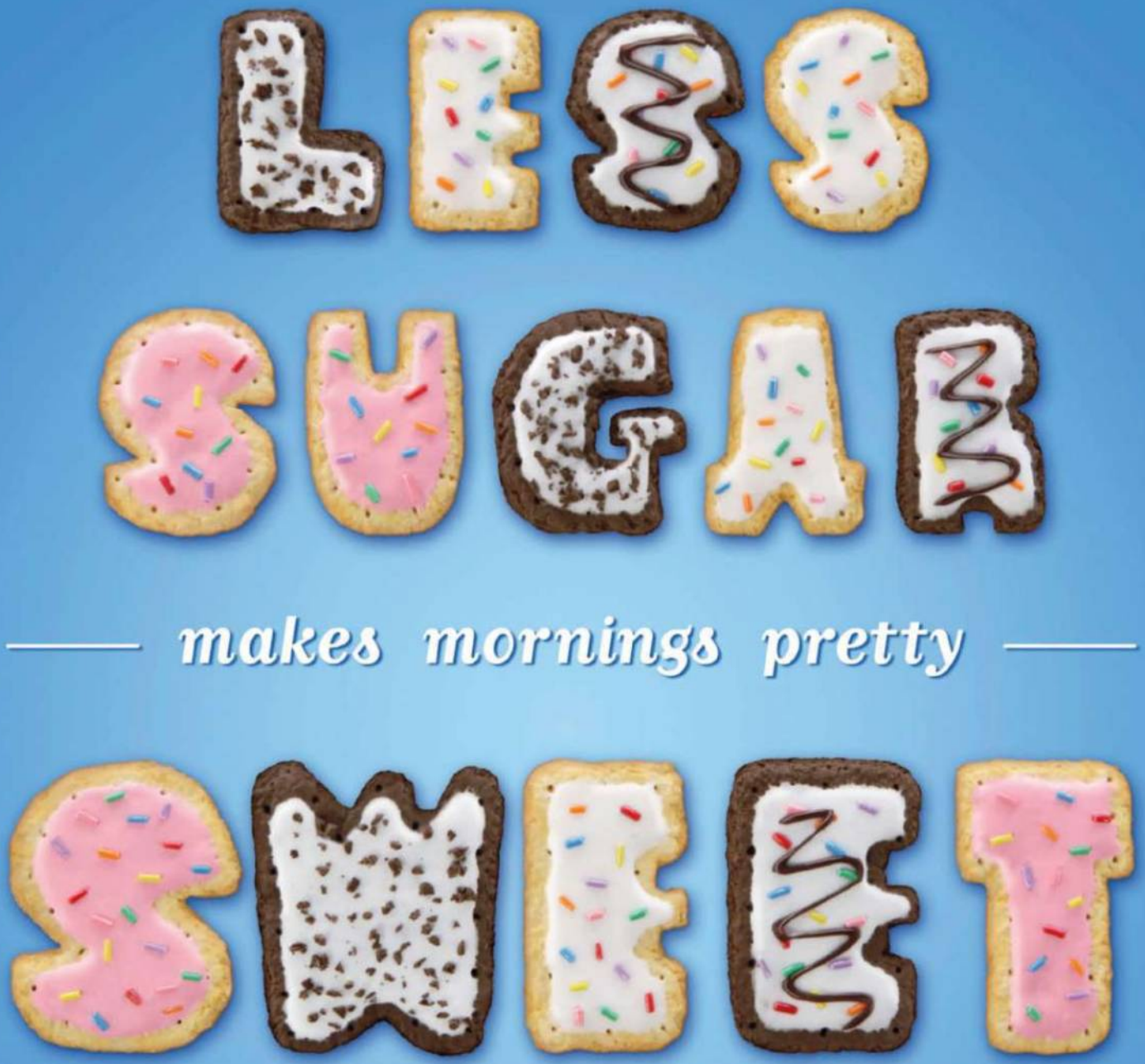

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Good Question...

Send us a question about a previous story at foodnetwork.com/magazine, and we'll find the answer.

Q: I want to make Anne Burrell's mother's Victorian Rose Geranium Cake ["Mother Knows Best," May 2010]. But when I asked about rose geranium leaves at a specialty-foods store, the salesman looked at me like I was from Mars. Where can I find them? Lori Biehler, Phoenix

A: Rose geraniums can be difficult to find, but the intense fragrance and flavor of the leaves is what makes this cake unique. If your local nursery doesn't carry rose geranium plants, you can order them online. We like the **Old Fashion Rose Scented Geranium** from Pearson's Gardens *($8; pearsonsgardens.com)*. Put leftover leaves in a small container of sugar, then use the scented sugar in iced tea or pound cake.

Q: What kind of flour should I use for your Tres Leches Cake with Mango ["Piece of Cake," May 2010]? You mention cake flour, but does it really make a difference? Myrna Rios-Diaz, Miramar, FL

A: Yes! Cake flour is a soft-wheat flour, with a finer texture and a lower protein content than all-purpose, so it makes cakes light and delicate. We used Swans Down, found in the baking-goods aisle. There are many types of flours, but here are ones you should keep on hand:

ALL-PURPOSE FLOUR

A mix of finely ground high-gluten hard wheat and low-gluten soft wheat that has been sifted.

Use it as your go-to flour for baking. If a recipe does not specify a type, use this one.

CAKE FLOUR

Low-protein soft-wheat flour with a fine texture and a high starch content.

Use it in recipes that specify cake flour, or substitute 1 cup minus 2 tablespoons sifted all-purpose flour for each cup of cake flour.

INSTANT FLOUR

A granular flour that dissolves easily in hot and cold liquids.

Use it as a thickener for sauces and gravies.

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Where To Go Electric Rabbit Hunting:
Crate & Barrel, Macy's, Dillard's, Sur La Table, Chef's Catalog, Spec's, Kitchen Kapers, Bevmo!

metrokane
metrokane.com

Q: My husband and I are not really wine drinkers, but many recipes call for wine. Can you suggest wines to keep on hand for cooking? Bonnie Stobierski, Cleveland

A: For both red and white, you want a wine that will give a dish flavor without being overpowering. Go for basic, inexpensive reds like merlot or cabernet sauvignon, and dry (not sweet) whites like sauvignon blanc or pinot grigio. Boxed wines are actually great for cooking: They're affordable and because their spouts are airtight, you can use a splash or two in a recipe and keep the rest for later. Boxed wine is good for about a month after you break the seal.

> 2007 Black Box Merlot *($22 for 3 liters)*

> 2009 Bota Box Pinot Grigio *($20 for 3 liters)*

Q: I loved "Garden of Eatin'" [May 2010] and want to grow my own herbs. But with Washington's weather, I'm afraid they'll get overwatered. Any tricks for indoor gardening? Lindsey Sumner, Shoreline, WA

A: Herbs need plenty of sunlight and regular watering, so growing them inside isn't easy, but it can be done. Our gardening expert, Alejandro Saralegui, director of the Madoo Conservancy in Sagaponack, NY, suggests growing herbs by a sunny windowsill. Start with a four-inch plant—rosemary, thyme, oregano and chives are good options. The plants should get as much sunlight as possible, but they won't dry out as quickly as they would outside, so water them only about twice a week. This **Sagaform Herb Pot Duo** makes it easy to monitor how much water your herbs are getting. *$35; huset-shop.com*

Q: My son, who is getting married soon, fell in love with your snack-food wedding cake ["Marriage of Convenience," June 2010], and I want to make it for him. Can you pass along the instructions? Karyen Cavnagh, Granada Hills, CA

A: This cake is surprisingly simple to assemble. Food stylist Brett Kurzweil started with a 22-inch round cake board as the base, then stacked up Styrofoam rounds to form the layers (both items can be found at crafts or cake-supply stores; he used 6-, 10-, and 14-inch rounds). You can use any size rounds; the trick is to leave a wide edge between the layers to hold the snacks. Cover the Styrofoam layers with foil and use a dowel to secure them, then go to town arranging the snack cakes: Kurzweil placed Suzy Qs (you can use any snack cake) vertically around the bottom layer using a heavy can as a "bookend" to hold the first one in place while he added the rest. He packed them in snugly so no extra frosting or fondant was needed to hold them (this is called "pressure fitting"). He covered the top of this tier with Hostess Cup Cakes and Twinkies then continued with the second tier, placing Ho Hos vertically around the side. For your cake, continue alternating between standing and sitting layers of snacks until all of your Styrofoam rounds are covered: Kurzweil used 245 snacks for this one! When you're done, cover the cake with plastic wrap and store it at room temperature for two to three hours.

WEDDING CAKE: CHARLES MASTERS. BOXED WINES, FROM LEFT: MARKO METZINGER/STUDIO D; BOTA BOX.

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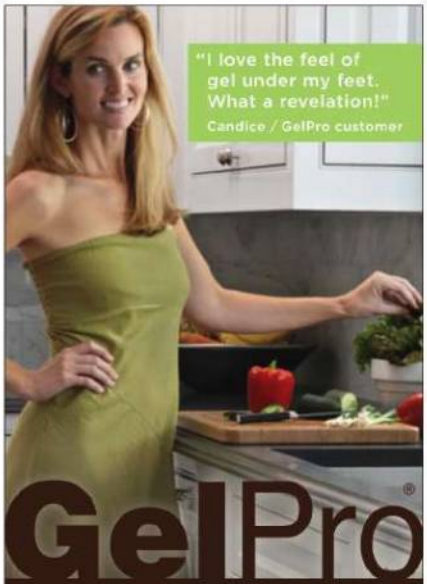

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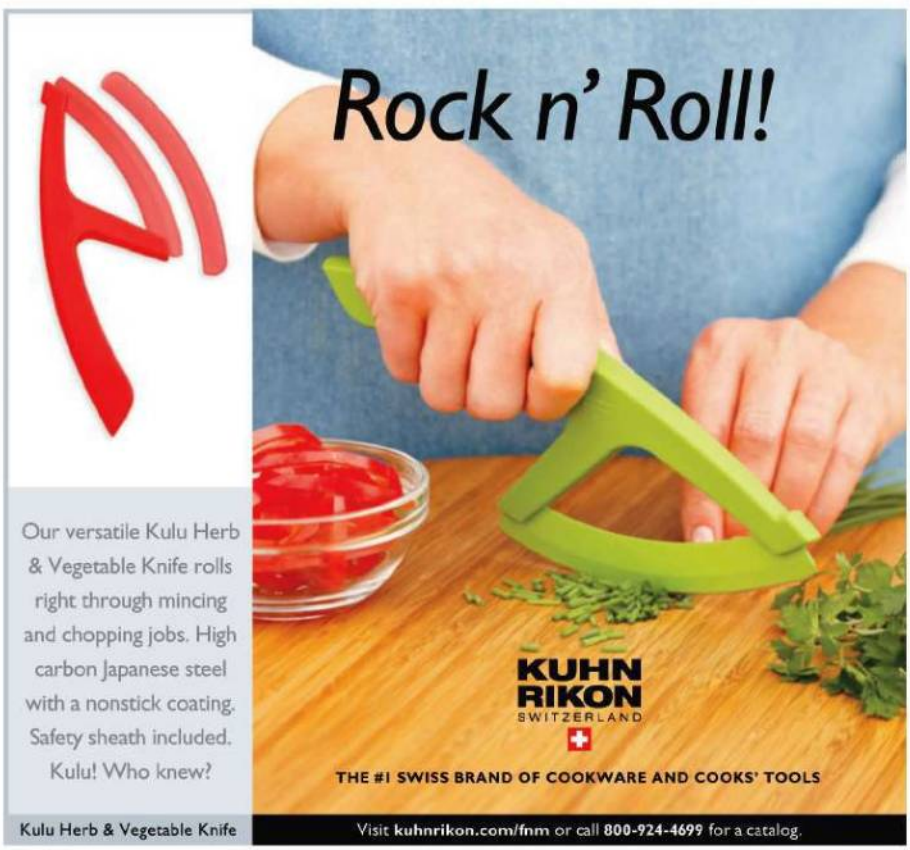

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The Winner Is...

Sweet-and-spicy pork from a Florida reader came out on top in our beer-themed contest.

Readers turned their favorite brews into dinner for our June 2010 recipe contest, cooking up beer-laced macaroni and cheese, risotto and even burgers. But Sam Betty from Ocala, FL, made the ultimate beer-lover's feast: black-and-tan pork and slaw, a riff on the classic ale-and-stout-layered drink. Sam marinated pork tenderloin and coleslaw veggies in pale ale, then drizzled the finished dish with a sweet stout-spiked glaze. He likes to serve his winning meal with a side of potatoes, "and of course, it should be accompanied by a black and tan," he says.

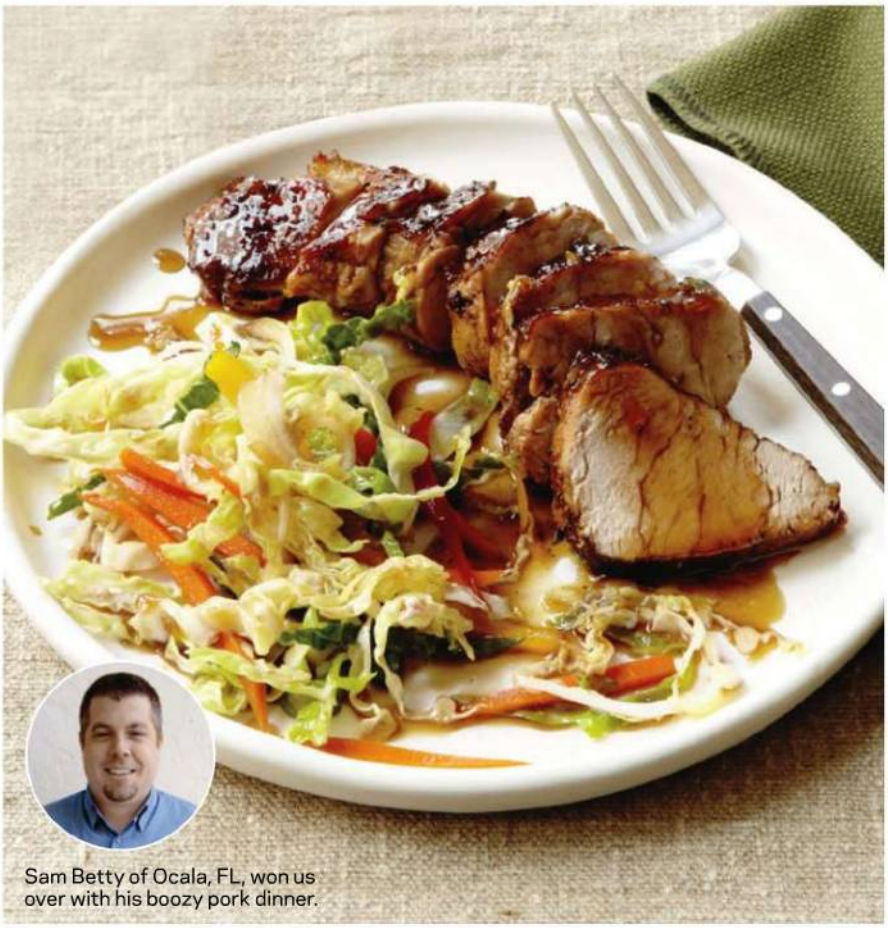
BLACK-AND-TAN PORK WITH SPICY ALE SLAW

ACTIVE: 1 hr 10 min | TOTAL: 1 hr 30 min (plus marinating) | SERVES: 6 to 8

FOR THE PORK
- 1 12-ounce bottle pale ale (preferably Bass)
- ½ teaspoon Chinese five-spice powder
- ¼ teaspoon cayenne pepper
- Kosher salt and freshly ground black pepper
- 3 pounds pork tenderloin

FOR THE GLAZE
- 1 teaspoon extra-virgin olive oil
- 1 small sweet onion, finely chopped
- 2 cloves garlic, minced
- 1 12-ounce bottle stout beer (preferably Guinness)
- 1 cup packed dark brown sugar
- 1 cup honey
- 1 teaspoon minced peeled ginger
- ½ teaspoon cornstarch

FOR THE SLAW
- ¼ cup soy sauce
- 2 tablespoons honey
- 1 clove garlic, minced
- ½ teaspoon minced peeled ginger
- ½ head green cabbage, shredded
- 2 medium bell peppers (red, orange and/or yellow), thinly sliced
- 2 carrots, cut into matchsticks or shredded
- 1 large sweet onion, quartered and thinly sliced



Sam Betty of Ocala, FL, won us over with his boozy pork dinner.

1. Prepare the pork: Combine the ale, five-spice powder, cayenne and salt and black pepper to taste in a large resealable plastic bag. Reserve ¼ cup marinade for the slaw. Add the pork to the bag and mix well. Refrigerate 2 to 6 hours.

2. Make the glaze: Heat the olive oil in a saucepan over medium heat. Add the onion and garlic and cook until golden, about 2 minutes. Add 1 tablespoon each stout and brown sugar and cook 4 minutes. Add all but 2 tablespoons of the remaining stout, the honey, the remaining ¾ cup plus 3 tablespoons brown sugar and the ginger. Bring to a boil over medium-high heat, stirring, then lower the heat to medium and simmer until reduced by half, 15 to 20 minutes. Whisk the remaining 2 tablespoons stout and the cornstarch in a bowl; slowly stir into the glaze and boil 2 minutes. Remove from the heat and let cool.

3. Preheat the oven to 375°. Remove the pork from the marinade and transfer to a baking dish. Bake until a thermometer inserted into the center registers 160°, 35 to 45 minutes. Transfer to a cutting board and let rest 5 minutes.

4. Meanwhile, make the slaw: Whisk the soy sauce, honey, garlic and ginger in a large bowl. Whisk in the reserved ¼ cup marinade. Add the cabbage, bell peppers, carrots and onion and toss. Refrigerate until ready to serve, at least 30 minutes.

5. Slice the pork and serve with the slaw. Drizzle both the pork and slaw with the glaze.

FOOD PHOTO: YUNHEE KIM; FOOD STYLING: STEPHANA BOTTOM; PROP STYLING: MEGHAN GUTHRIE. BEER: CHARLES MASTERS. PORTRAIT: TOMMY THOMAS.

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secret-ingredient recipe contest

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2. Enter your **original recipe** at foodnetwork.com/recipecontest by October 8, 2010.
3. See if the judges pick your dish—the winner will appear in an **upcoming issue.**

Check out hundreds of cheddar recipes on foodnetwork.com for inspiration!

PHOTO: CHARLES MASTERS; FOOD STYLING: JAMIE KIMM.

NO PURCHASE NECESSARY. The Secret-Ingredient Recipe Contest is sponsored by Hearst Communications, Inc. To enter, go to foodnetwork.com/recipecontest and complete and submit entry form, including your recipe. Contest begins 12 a.m. ET September 14, 2010 and ends 11:59 p.m. ET October 8, 2010. Must be 18 years or older and a resident of the 50 United States, District of Columbia or Canada. Void in Puerto Rico, Quebec province and where prohibited by law. Contest is subject to complete official rules available at foodnetwork.com/recipecontest.

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